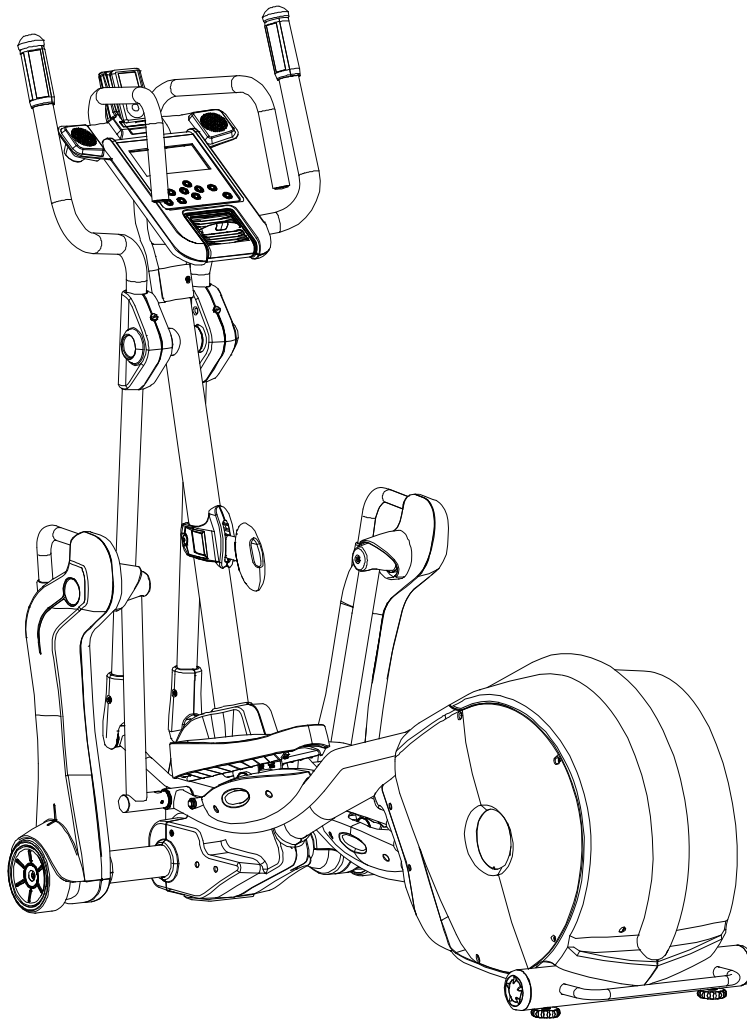# SMOOTH CE3.7 Elliptical Trainer

USER WEIGHT LIMITATION: **325lbs**

SERIAL NUMBER (Found on Frame):

PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Smooth Fitness Elliptical Trainer.

Name: _____

Phone Number: _____

Receipt: _____

Open the boxes:
You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 888-800-1167.

Gather your tools:
Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:
Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:
Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.
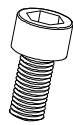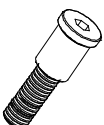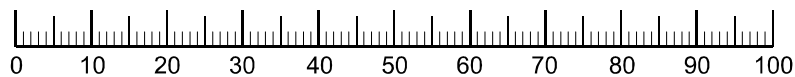
User Weight Limitation:
Please note that there is a weight limitation for this product.
If you weigh more than 325lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

No.	Description	Qty.
A1	Computer Assembly	1
A2	Main Assembly	1
A3	Incline Frame Assembly	1
A4	Upright Assembly	1
A5	Action Handlebar-Left Assembly	1
A6	Action Handlebar-Right Assembly	1
213	Upright Upper Cover-Front	1
214	Upright Upper Cover-Back	1
309	Action Handlebar Bushing Cover	2
314	Swing Arm Lower Cover	4
330	Pedal Arm Front Pivot Cover	2
416	Incline Frame Cover-Front	1
417	Incline Frame Cover-Left	1
418	Incline Frame Cover-Right	1
419	Incline Frame Holder-Front	2
607	Adapter	1

A1   A2   A3

A4   A5   A6

314   309   417   418

416   323   214   213

419   607

0 10 20 30 40 50 60 70 80 90 100

MILLIMETERS

SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
801	Φ4x15mm Screw	13
821	Φ4x13mm Screw	2
829	Φ8x23x2.0 Washer	2
830	Φ8x14 Spring Washer	2
831	M8x20mm Allen Head Cap Bolt	6
836	M8 Locknut	1
846	Φ8x18x1.0 Washer	1
848	M5x6mm Allen Bolt	2
855	M10x35mm Allen Head Cap Bolt	4
866	M8x35mm Allen Head Cap Bolt	1
871	Φ10x20.5x1.5 Washer	4
872	Φ10 Spring Washer	4
313	M8-16X26mm Bolt	2
315	M8-16X22mm Bolt	2
329	Pedal Fixing Axes	2
A	M14 Bushing Tool	1
B	8mm Allen Key	1
C	5mm Allen Key	1
D	2.5mm Allen Key	1
E	Screwdriver	1

801
M4x15mm

821
M4x13mm

831
M8x20mm

855
M10x35mm

329

313

315

866
M8x35mm

848
M5x6mm

836
M8mm

829
Φ8mm

872
Φ10mm

846
Φ8mm

871
Φ10mm

830
Φ8mm

A
14 mm

B
8mm

C
5mm

D
2.5mm

E

0 10 20 30 40 50 60 70 80 90 100

MILLIMETERS

COMPLETE PARTS LIST

Part No.	Parts Description	Quantity	Order Number
100 COMPUTER		1	CE3.7-100
101	Console-Upper	1	CE3.7-101
102	Console-Lower	1	CE3.7-102
103	Computer PC Board	1	CE3.7-103
104	Amplifier PC Board	1	CE3.7-104
105	Speaker Bracket	1	CE3.7-105
106	iPod Bracket	1	CE3.7-106
107	Speaker Bracket Cover	1	CE3.7-107
108	Pad	1	CE3.7-108
109	Speaker	2	CE3.7-109
110	Speaker Cover	2	CE3.7-110
111	iPod Dock PC Board	1	CE3.7-111
112	Dock Cover – Top	1	CE3.7-112
113	Dock Cover – Bottom	1	CE3.7-113
114	Fan	1	CE3.7-114
115	Overlay	1	CE3.7-115
116	Console Top Cover	1	CE3.7-116
200 UPRIGHT			
201	Handlebar Foam	2	CE3.7-201
202	handlebar End Cap	2	CE3.7-202
203	Upright	1	CE3.7-203
204	Incline Adjust Handle Cover-Left	1	CE3.7-204
205	Incline Adjust Handle Cover-Right	1	CE3.7-205
206	Incline Adjust Handle Cover	1	CE3.7-206
207	Incline Adjust Handle	1	CE3.7-207
208	Incline Adjust Handle Fixing Axes	1	CE3.7-208
209	Incline Adjust Tube	1	CE3.7-209
210	Incline Adjust Equipment	1	CE3.7-210
211	Tighten Spring	1	CE3.7-211
212	Cushion	1	CE3.7-212
213	Upright Upper Cover-Front	1	CE3.7-213
214	Upright Upper Cover-Back	1	CE3.7-214
217	Cable Tie	2	CE3.7-217
300 ACTION HANDLEBAR AND PEDAL TUBE			
301	Action Handlebar End Cap	2	CE3.7-301
302	Action Handlebar Foam	2	CE3.7-302
303	Hand Pulse Sensor	2	CE3.7-303
304	Hand Pulse Sensor Cover	2	CE3.7-304
305	Bearing 6004ZZ	4	CE3.7-305
306	Shaft Bushing	2	CE3.7-306

COMPLETE PARTS LIST

Part No.	Parts Description	Quantity	Order Number
307	Action Handlebar Cover-LL	1	CE3.7-307
308	Action Handlebar Cover-LR	1	CE3.7-308
309	Action Handlebar Bushing Cover	2	CE3.7-309
310	Action Handlebar-Left	1	CE3.7-310
311	Action Handlebar -Right	1	CE3.7-311
312	Wire Protector	2	CE3.7-312
313	M8-16X26mm Bolt	2	CE3.7-313
314	Swing Arm Lower Cover	4	CE3.7-314
315	M8-16X22mm Bolt	2	CE3.7-315
316	Swing Linkage Tube-Left	1	CE3.7-316
317	Swing Linkage Tube-Right	1	CE3.7-317
318	Pedal Arm- Left	1	CE3.7-318
319	Pedal Arm-Right	1	CE3.7-319
320	Pedal Fixing Base	2	CE3.7-320
321	Pedal Buffer Set	2	CE3.7-321
322	Pedal Support Base	2	CE3.7-322
323	Pedal	2	CE3.7-323
324	Pedal Soft Cushion	2	CE3.7-324
325	Pedal Side Cover	4	CE3.7-325
327	Swing Linkage Tube Bush	4	CE3.7-327
328	Bearing Bushing	4	CE3.7-328
329	Pedal Fixing Axes(81xΦ15-M14x36)	2	CE3.7-329
330	Pedal Arm Front Pivot Cover	2	CE3.7-330
331	Bearing 608ZZ	8	CE3.7-331
332	Bearing 2203ZZ	2	CE3.7-332
333	Bearing 2201ZZ	2	CE3.7-333
334	Bearing 6002ZZ	4	CE3.7-334
335	Action Handlebar Cover-RL	2	CE3.7-335
336	Action Handlebar Cover-RR	2	CE3.7-336
337	Pedal Bumper-Front	2	CE3.7-337
338	Pedal Bumper-Rear	2	CE3.7-338
339	Pedal Pivot Bushing	2	CE3.7-339
340	Pedal Bushing	2	CE3.7-340
400 SWING ARM			
401	Incline Frame	1	CE3.7-401
402	Pedal Swing Arm Cover-LL	1	CE3.7-402
403	Pedal Swing Arm Cover-RR	1	CE3.7-403
404	Pedal Swing Arm Cover-LR	1	CE3.7-404
405	Pedal Swing Arm Cover-RL	1	CE3.7-405
406	Pedal Swing Arm Bottom Cover-Left	1	CE3.7-406

COMPLETE PARTS LIST

Part No.	Parts Description	Quantity	Order Number
407	Pedal Swing Arm Bottom Cover-Right	1	CE3.7-407
408	Transportation Wheel	2	CE3.7-408
409	Transportation Wheel Bushing	4	CE3.7-409
410	Pedal Swing Arm	2	CE3.7-410
411	Pedal Swing Arm End Cap	2	CE3.7-411
412	Pedal Swing Arm Cover-Upper	2	CE3.7-412
413	Swing Arm Bearing Bush	2	CE3.7-413
414	Incline Frame Localizer	1	CE3.7-414
415	Bearing 6205ZZ	4	CE3.7-415
416	Incline Frame Cover-Front	1	CE3.7-416
417	Incline Frame Cover-Left	1	CE3.7-417
418	Incline Frame Cover-Right	1	CE3.7-418
419	Incline Frame Holder-Front	2	CE3.7-419
420	Incline Frame Holder-Back	2	CE3.7-420
500 MAIN FRAME			
501	Main Frame	1	CE3.7-501
502	Crank Disk Fixing Plate	1	CE3.7-502
503	Crank Disk	1	CE3.7-503
504	Crank Axle Bushing	2	CE3.7-504
505	Crank	1	CE3.7-505
506	Crank Disk Axle	1	CE3.7-506
507	Pedal Arm Eccentric Shaft	2	CE3.7-507
508	Rear Stabilizer Cap	2	CE3.7-508
509	Belt	1	CE3.7-509
510	Rear Stabilizer Adjust Cushion	2	CE3.7-510
511	Flywheel Axle Stator	1	CE3.7-511
512	Motor Set	1	CE3.7-512
513	Magnet Set	1	CE3.7-513
514	Speed Sensor	1	CE3.7-514
515	Flywheel Assembly Set	1	CE3.7-515
516	Flywheel Axle	1	CE3.7-516
517	Tension Wheel Bracket	1	CE3.7-517
518	Magnet Bracket Shaft	1	CE3.7-518
519	Spring	1	CE3.7-519
520	Bearing 6300ZZ	4	CE3.7-520
521	Bearing 6500ZZ	2	CE3.7-521
600 MAIN COVER			
601	Main Frame Cover-Left	1	CE3.7-601
602	Main Frame Cover-Right	1	CE3.7-602
603	Main Frame Outside Cover-Left	1	CE3.7-603

COMPLETE PARTS LIST

Part No.	Parts Description	Quantity	Order Number
604	Main Frame Outside Cover-Right	1	CE3.7-604
605	Main Frame Cover-Front	1	CE3.7-605
606	Fixing Clamp	8	CE3.7-606
607	Internal Power Wire	1	CE3.7-607
700 WIRE			
701	7Pin Wire-Upper	1	CE3.7-701
702	Hand pulse wire- Upper	2	CE3.7-702
703	7Pin Wire-Middle	1	CE3.7-703
704	Hand pulse wire- Lower	2	CE3.7-704
705	7Pin Wire-Lower	1	CE3.7-705
706	Adaptor	1	CE3.7-706
707	Hand pulse Connect Wire	2	CE3.7-707
800 FASTENER			
801	Φ4x15mm Screw	28	CE3.7-801
802	Φ4x19mm Screw	14	CE3.7-802
803	Φ12 Snap link	3	CE3.7-803
804	Φ12x20 PU Cushion	2	CE3.7-804
805	Φ12 Plastic Washer	2	CE3.7-805
806	M4x12mm Screw	12	CE3.7-806
807	Φ32 Snap link	2	CE3.7-807
808	Φ6x12-9x2 Plastic Insert	6	CE3.7-808
809	M8x12mm Allen Head Cap Bolt	3	CE3.7-809
810	M10x35mm Allen Head Cap Bolt	2	CE3.7-810
811	M6x12mm Allen Head Cap Bolt	4	CE3.7-811
812	Φ6.5x32 Washer	2	CE3.7-812
813	Φ10.6x20.5 Washer	2	CE3.7-813
814	M8x8mm Allen Bolt	2	CE3.7-814
815	Tension Pulley Bracket	2	CE3.7-815
816	Φ10x20Washer	2	CE3.7-816
817	M10 Nut	2	CE3.7-817
818	M8x15mm Screw	5	CE3.7-818
819	M4x40mm Screw	1	CE3.7-819
820	M4 Nut	1	CE3.7-820
821	Φ4x13mm Screw	2	CE3.7-821
822	M8x27mm Allen Head Cap Bolt	1	CE3.7-822
823	M6x38mm Bolt	1	CE3.7-823
824	M5 Locknut	1	CE3.7-824
825	M12 Nut	1	CE3.7-825
826	Φ10x26Washer	2	CE3.7-826
827	5X15mm Screw	2	CE3.7-827
829	Φ8x26 Washer	2	CE3.7-829
830	Φ8x14 Spring Washer	2	CE3.7-830

COMPLETE PARTS LIST

Part No.	Parts Description	Quantity	Order Number
831	M8x20mm Allen Head Cap Bolt	6	CE3.7-831
832	M5x10mm Bolt	2	CE3.7-832
834	M8x90mm Allen Head Cap Bolt	4	CE3.7-834
835	Φ8x23mm Washer	2	CE3.7-835
836	M8 Locknut	8	CE3.7-836
837	M8x20mm Bolt	4	CE3.7-837
838	Φ6 Spring Washer	2	CE3.7-838
839	Φ42 Snap Link	2	CE3.7-839
840	Φ6x12-9x3 Plastic Insert	7	CE3.7-840
841	Φ3x14mm Screw	4	CE3.7-841
842	M5x10mm Allen Head Cap Bolt	4	CE3.7-842
843	M6x12mm Allen Head Cap Bolt	8	CE3.7-843
844	M8X12mm Allen Head Cap Bolt	16	CE3.7-844
845	M8x20x14 mm Bolt	2	CE3.7-845
846	Φ8x16 Washer	3	CE3.7-846
847	Φ10x33 Washer	2	CE3.7-847
848	M5x6mm Bolt	2	CE3.7-848
849	M10x20mm Allen Head Cap Bolt	4	CE3.7-849
850	Φ10x16 Washer	2	CE3.7-850
851	M5x20mm Allen Head Cap Bolt	2	CE3.7-851
852	Φ16x25 Washer	4	CE3.7-852
854	M6x15mm Allen Head Cap Bolt	2	CE3.7-854
855	M10x35mm Allen Head Cap Bolt	4	CE3.7-855
856	M10x20mm Allen Head Cap Bolt	4	CE3.7-856
857	M8x8mm Allen Bolt	2	CE3.7-857
858	M6x10mm Bolt	1	CE3.7-858
859	Φ6X13mm Washer	1	CE3.7-859
860	Φ9.5 Snap link	2	CE3.7-860
861	M8x30mm Bolt	2	CE3.7-861
862	Φ10x20Washer	2	CE3.7-862
863	Φ8 Snap link	1	CE3.7-863
864	Incline Adjust Tube Connector	1	CE3.7-864
865	Φ3.5x13mm Screw	1	CE3.7-865
866	M8x35mm Allen Head Cap Bolt	1	CE3.7-866
867	Incline Adjust Equipment Axes	1	CE3.7-867
869	Φ4x5mm Screw	1	CE3.7-869
870	Φ6x12-9x2 Plastic and Metal Insert	4	CE3.7-870
871	Φ10x26 Washer	8	CE3.7-871
872	Φ10 Spring Washer	8	CE3.7-872
UM	User Manual	1	CE3.7-UM
HK	Hardware Kit	1	CE3.7-HK

PARTS DIAGRAM
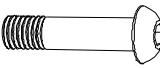
MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
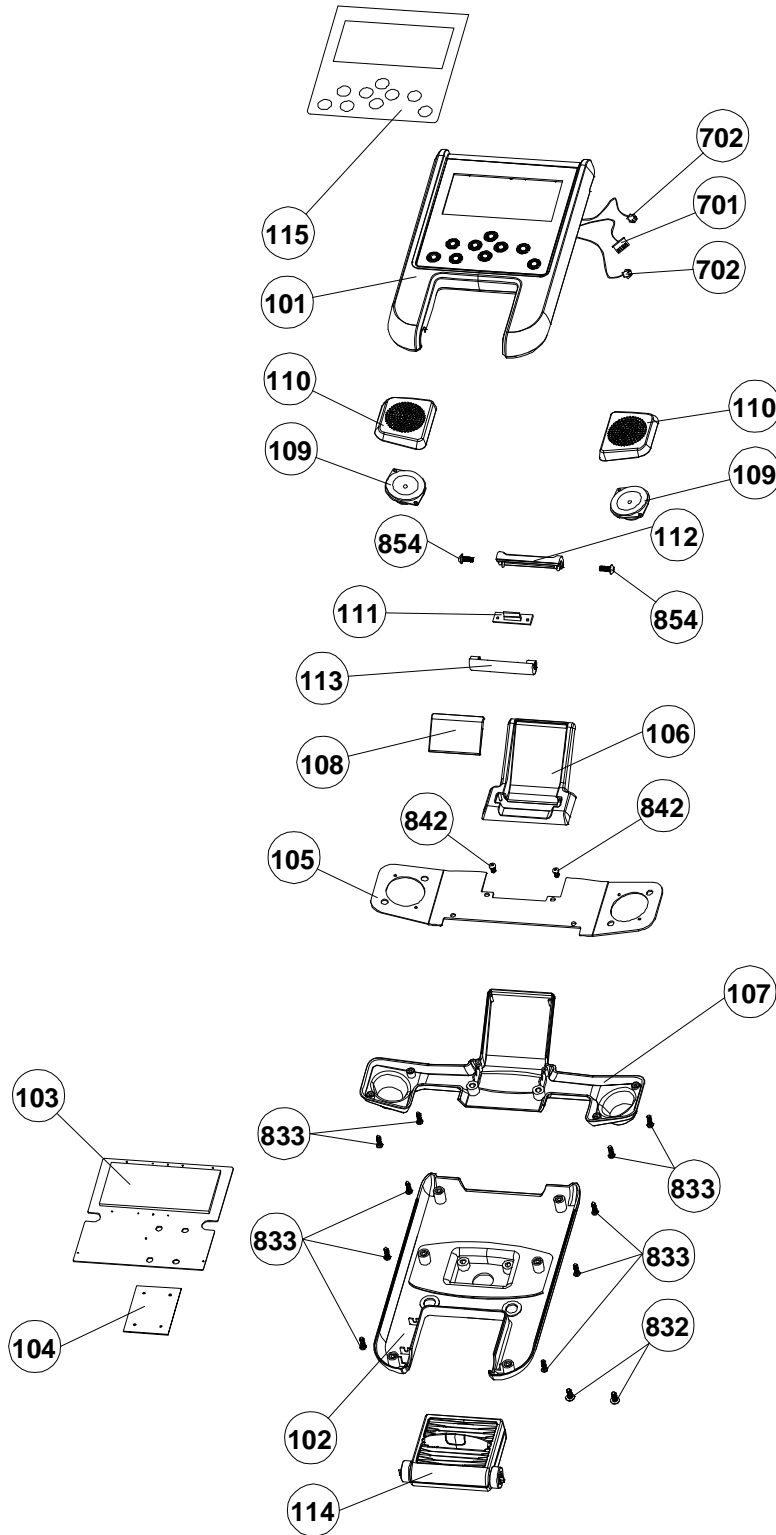
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
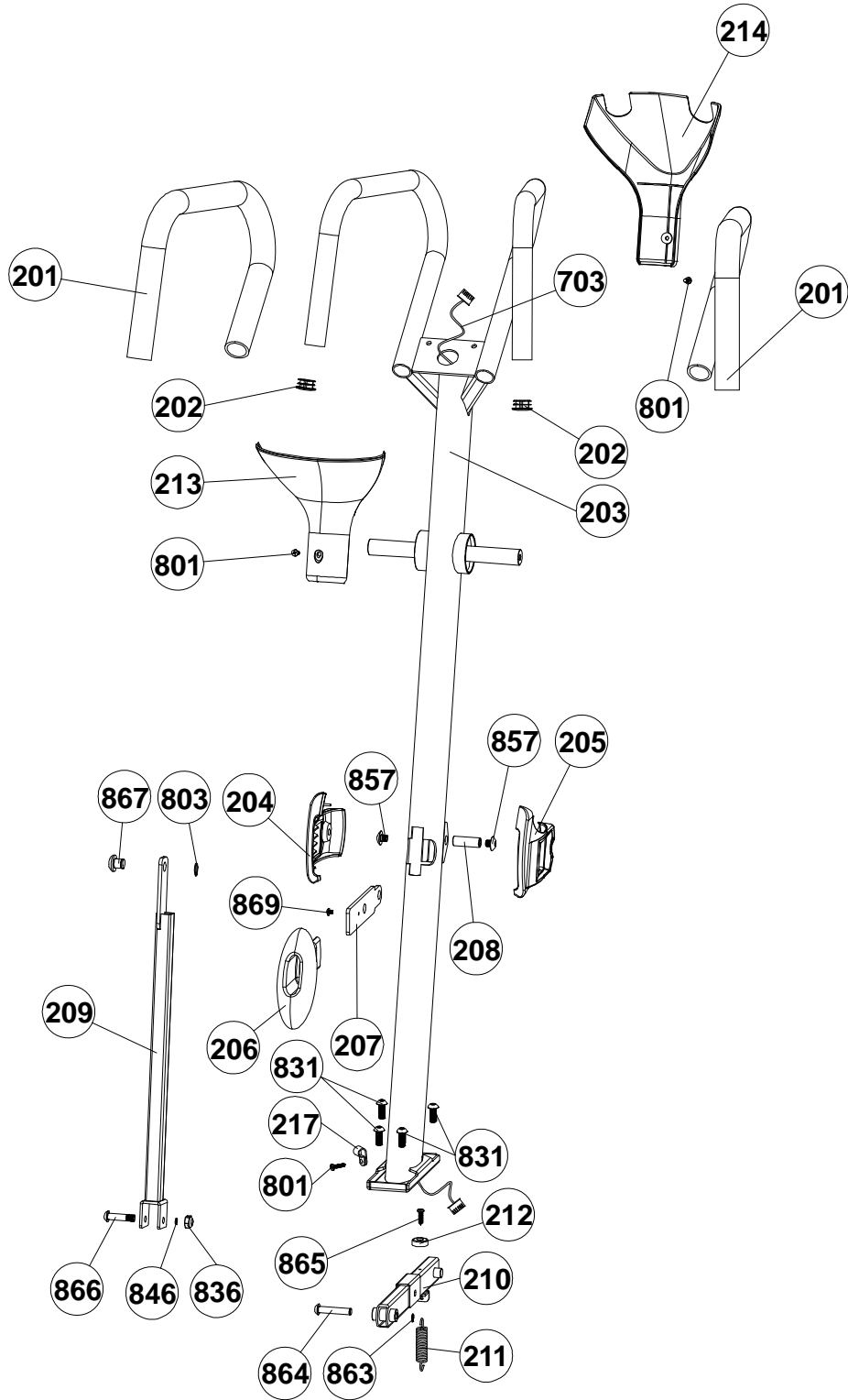
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
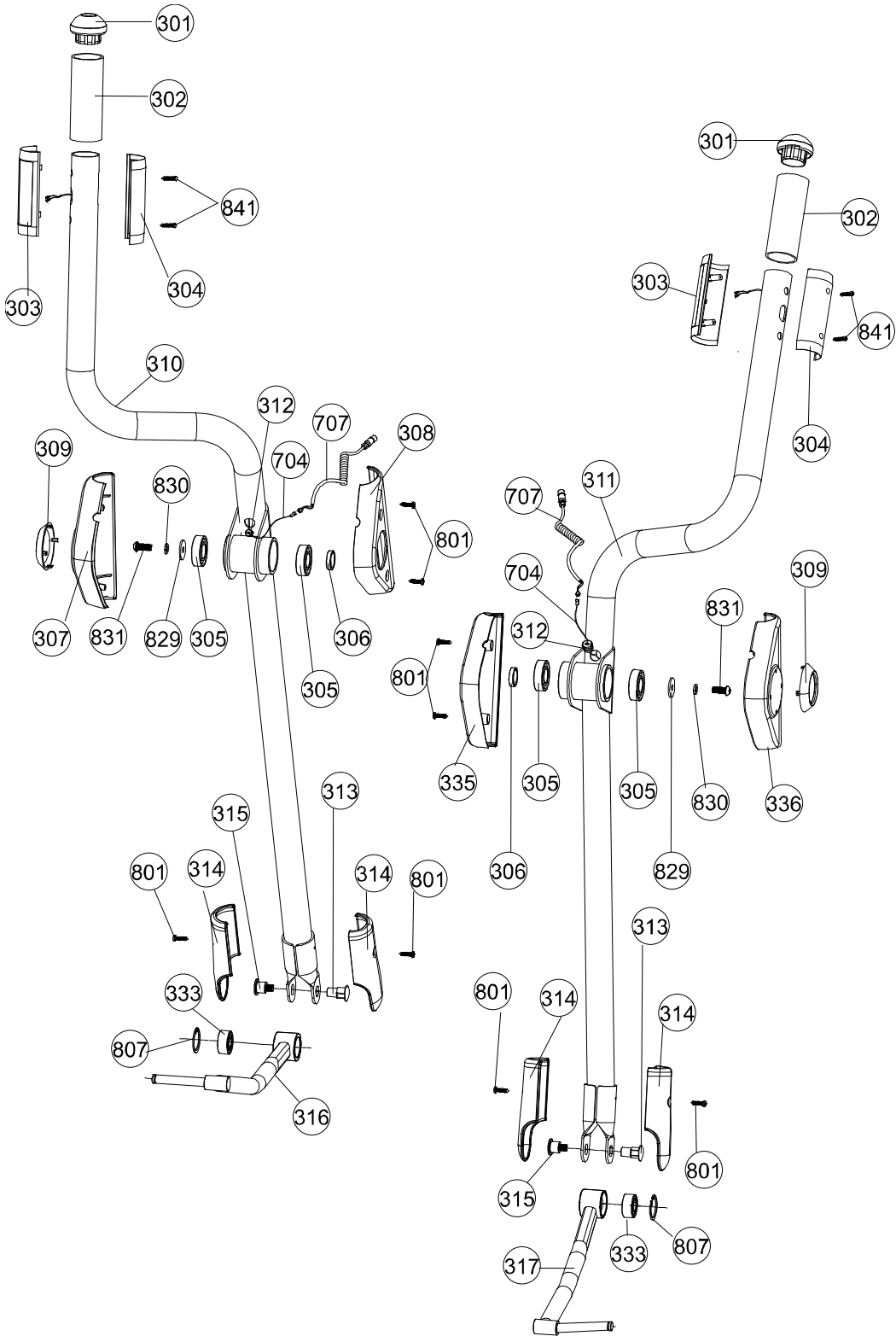
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
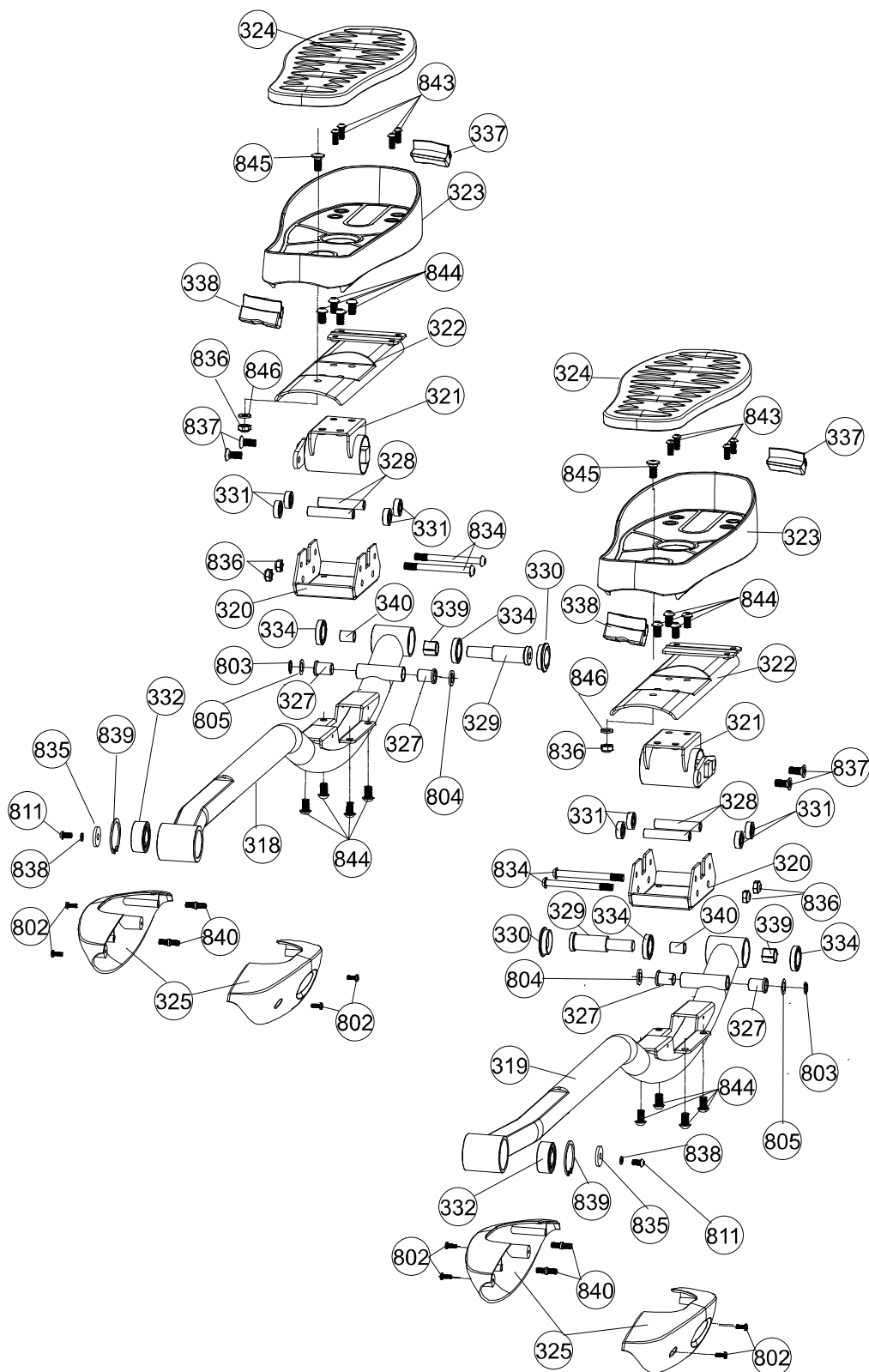
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
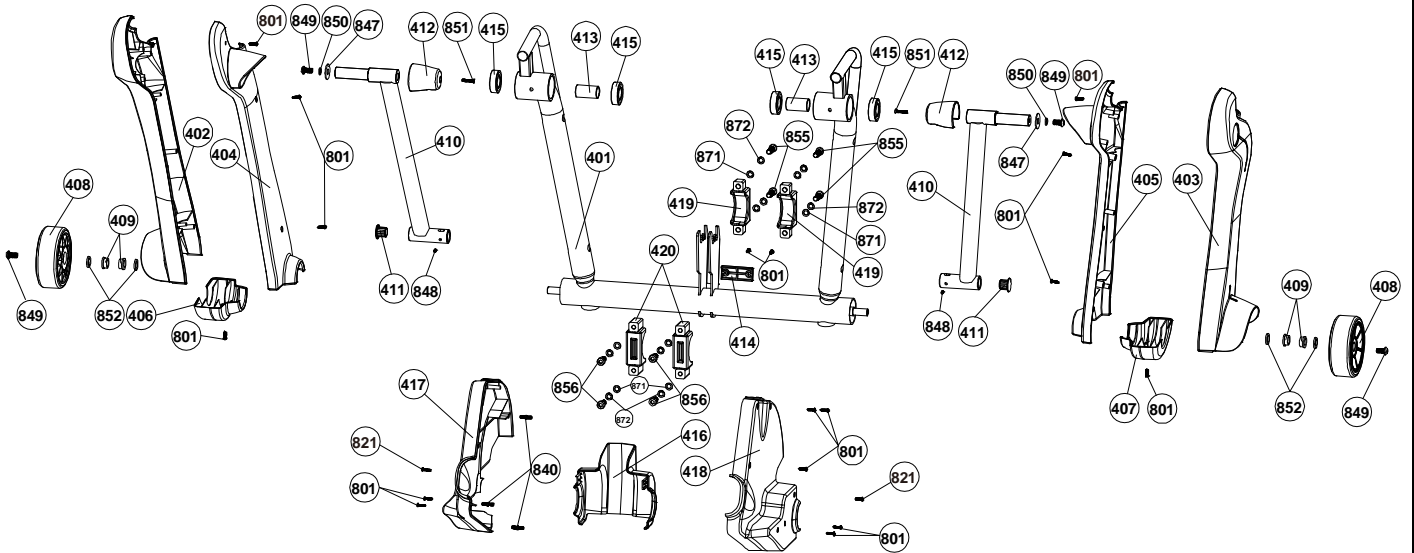
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
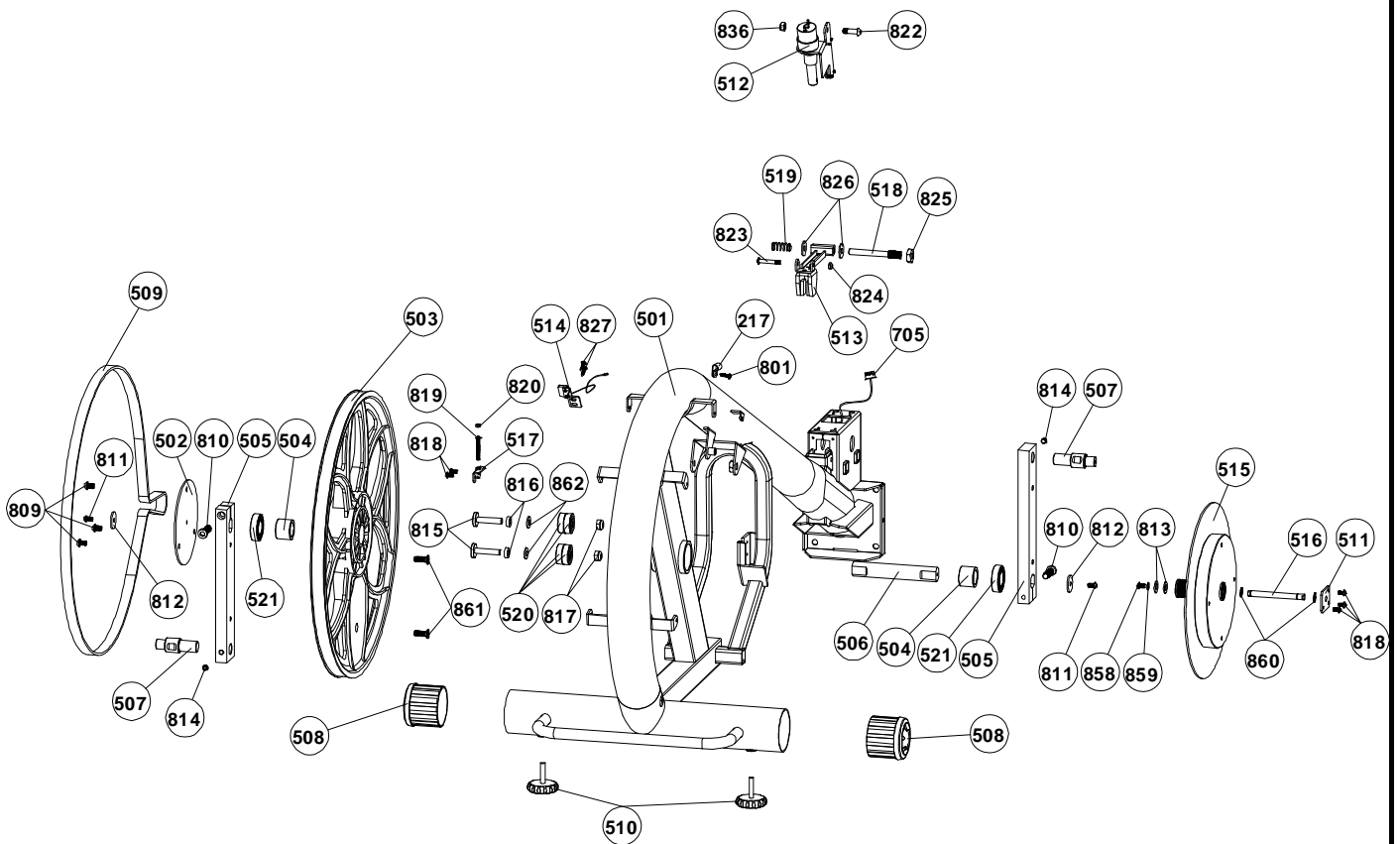
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
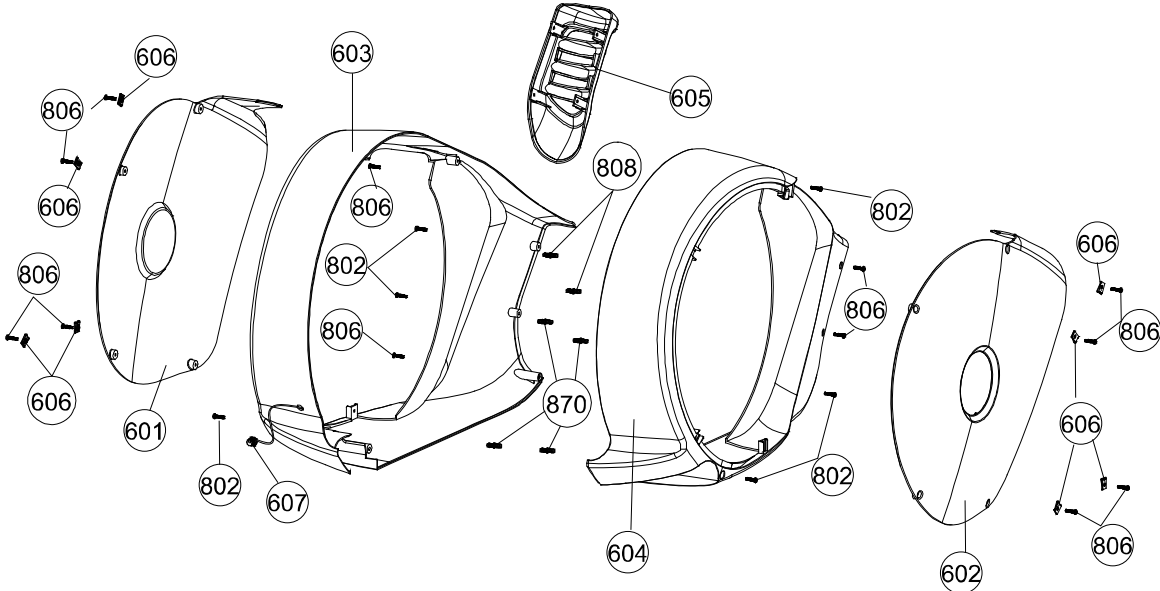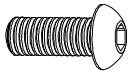
ASSEMBLY

● **IMPORTANT: Please invite one or more people to help assemble.**

STEP 1: **Assemble the Upright**

1) Connect the 7pin wire-Middle (703) to the 7pin wire-Lower (705) before assembling the upright (203).

2) Attach the upright to the Main frame front and secure with four M8 x 20mm Bolts (831).

3) Then use one M8 x 35mm Bolts(866), one Φ8mm Washer (846) and one M8mm Nut (836) to connect the Incline adjustment tube (209) to Incline adjustment Equipment (210).

831		4
836		1
846		1
866		1
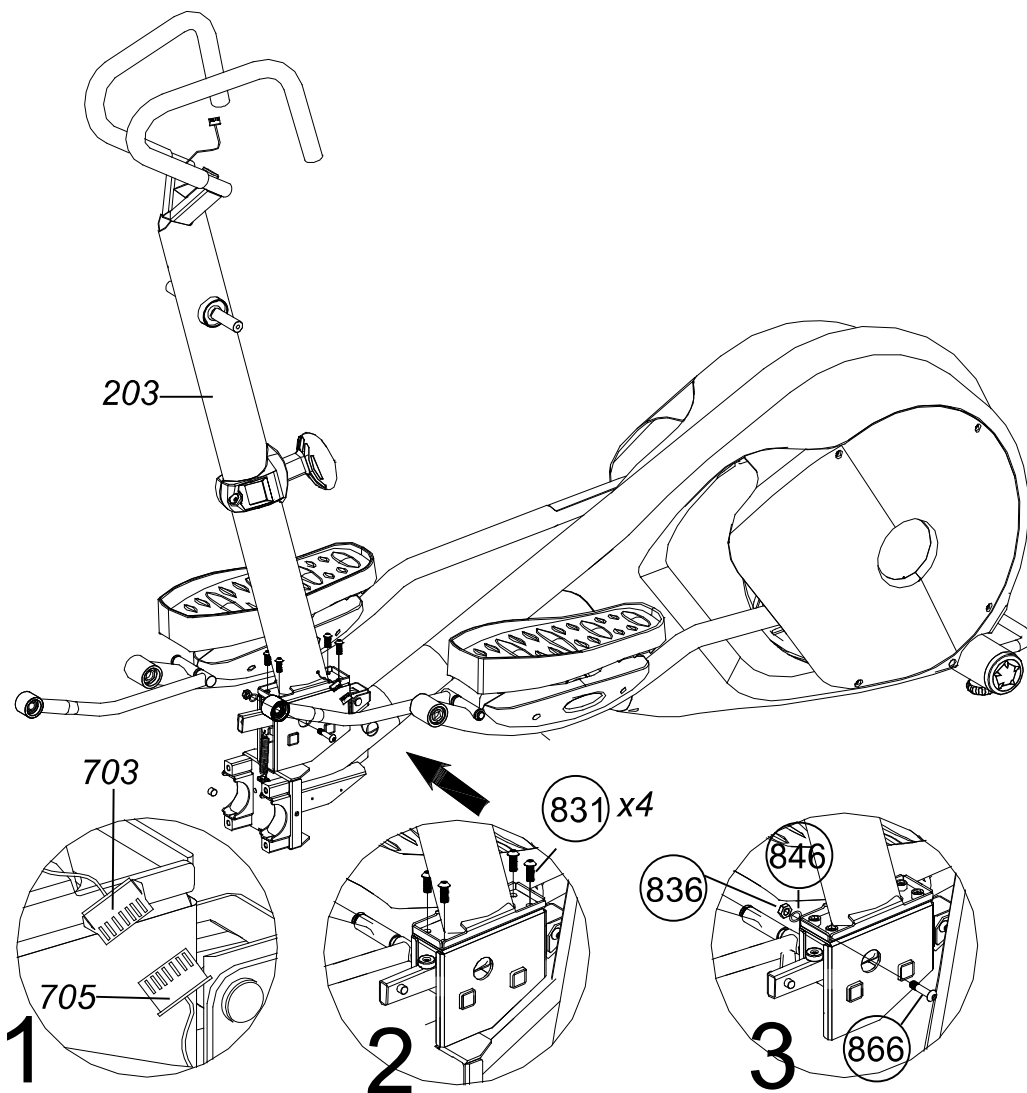
ASSEMBLY

STEP 2: **Assemble the Incline Frame- 1**

1). Attach the Incline Frame assembly (A3) to the Main Frame Assembly(A2), See **FIG.1**

2). Please make sure the axle (210) lock into the first lock channel and middle of the two bracket of the elevation locking mechanism before you fasten the bolts.

FIG. 1

A3

420

210

210
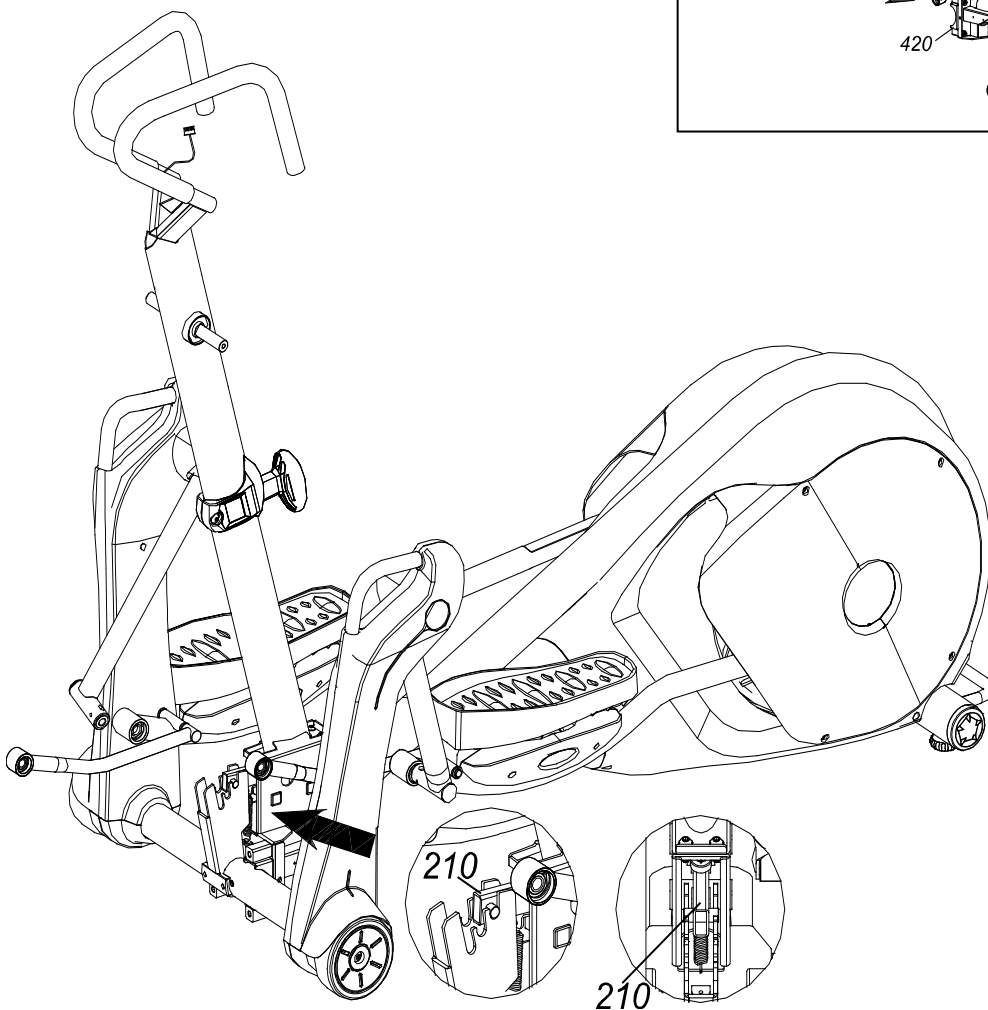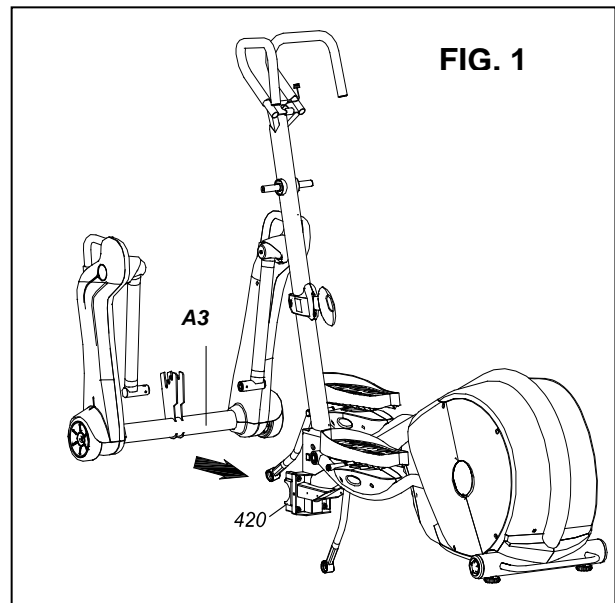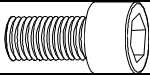
ASSEMBLY

STEP 3: **Assemble the Incline Frame- 2**

Attach the Incline Frame Holder- Front (419) to the Incline Frame, then secure with four M10x35mm Bolts (855), four Φ8mm washers (871) and four Φ8 mm spring washers (872).

NOTE:
The upper two bolts should be screwed not too tight in order to adjust the elevation arm easily when training.
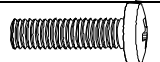
855		4
871		4
872		4
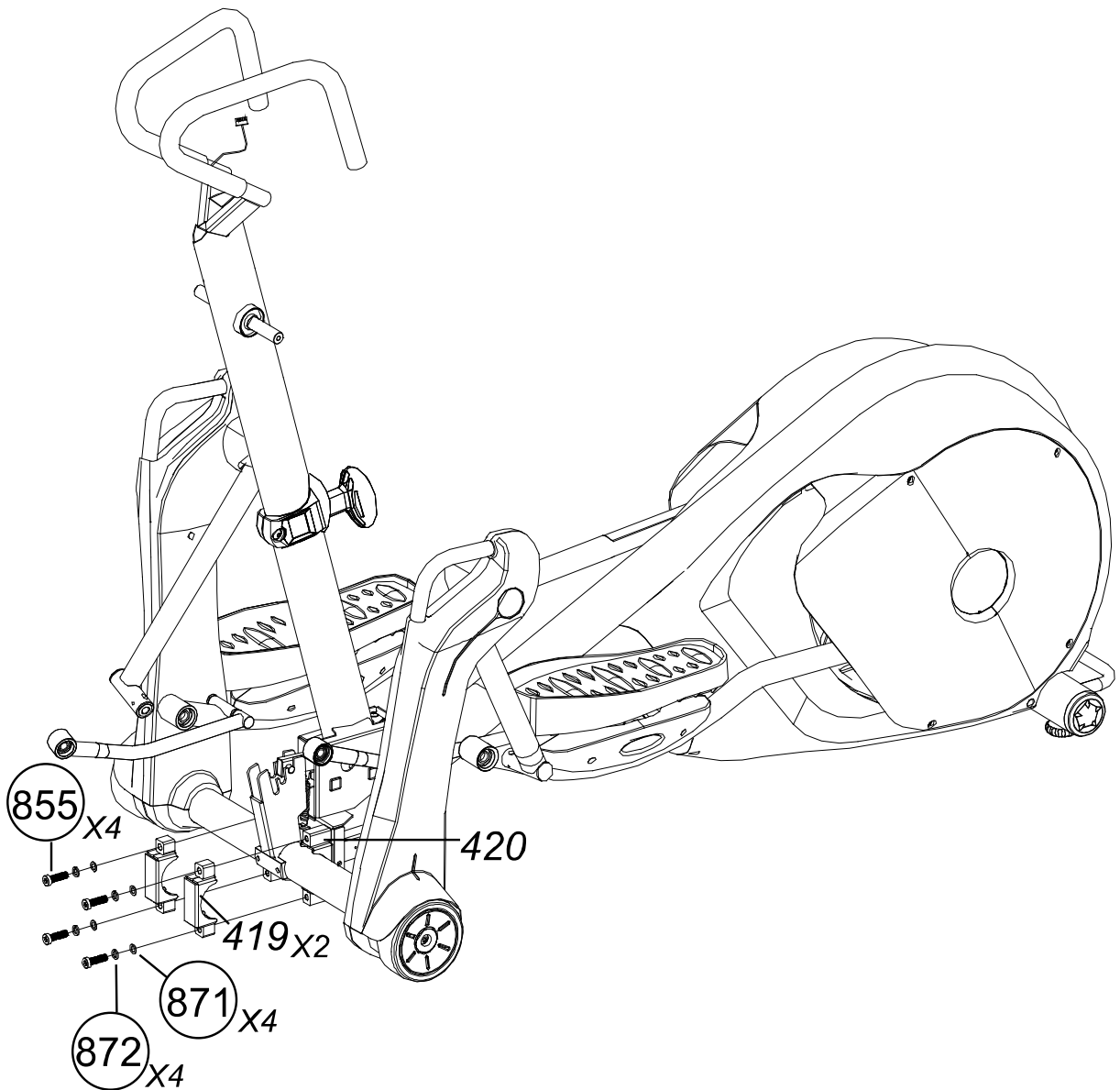
ASSEMBLY

STEP 4: **Assemble the Incline Frame Cover**

Assemble the Incline Frame Cover L/R (417/418) using the pre-assembled plastic inserts (840) by pressing the two covers together (see STEP 8 for cover location) .Next, press the Incline Frame Front Cover (416) into position, then securing with seven Φ4x15mm screws (801) and securing with two Φ4x13mm screws (821).

801		7
821		2
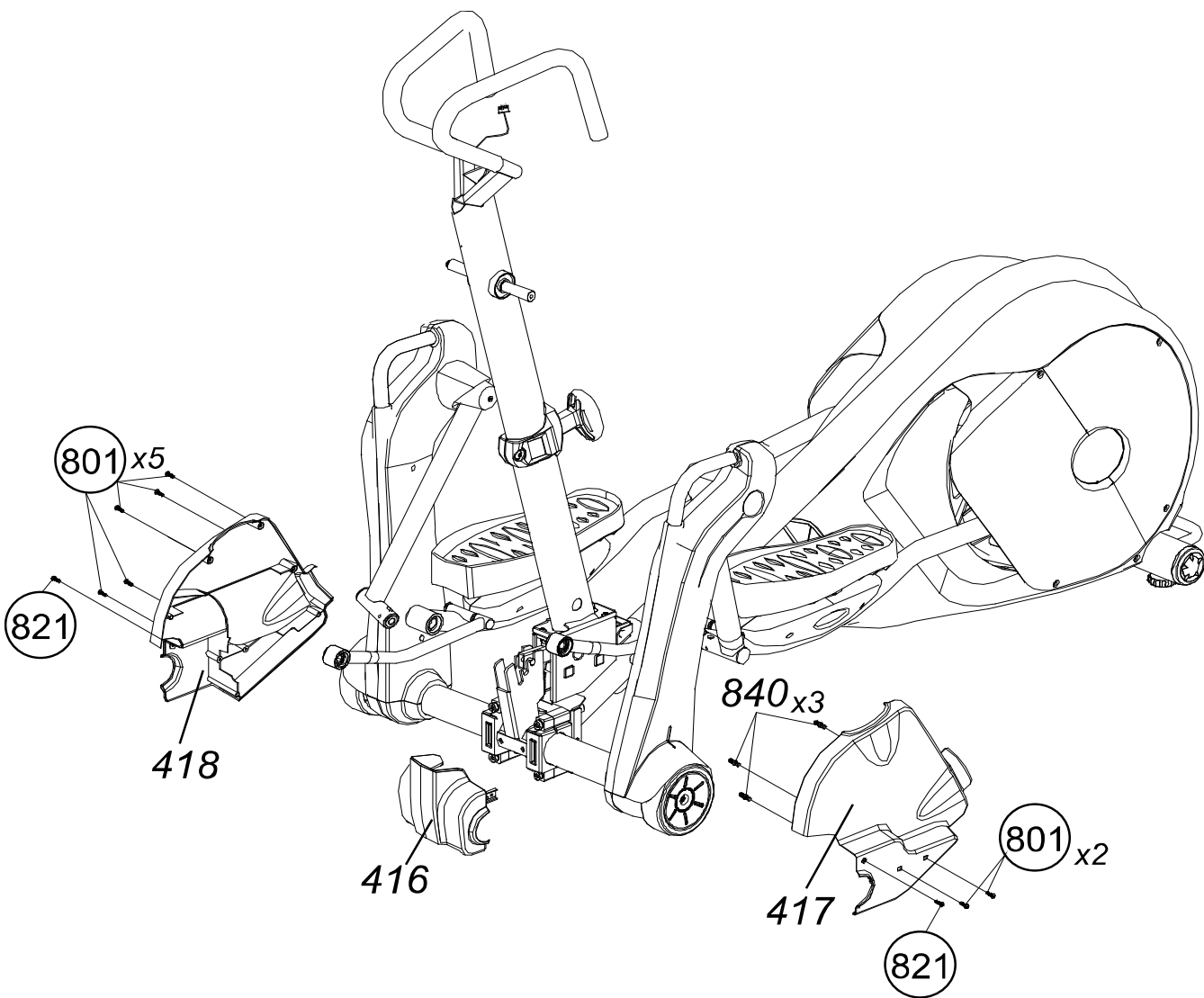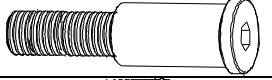
ASSEMBLY

STEP 5 : **Connect the Swing Arm and Pedal Tube**

1) Attach the Pedal Swing Arm L and R (410) to the pedal arm tube (318/319) secure using one Pedal Fixing Axes (329) for each linkage. Then attach the Pedal Arm Front Pivot Covers (330).
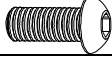
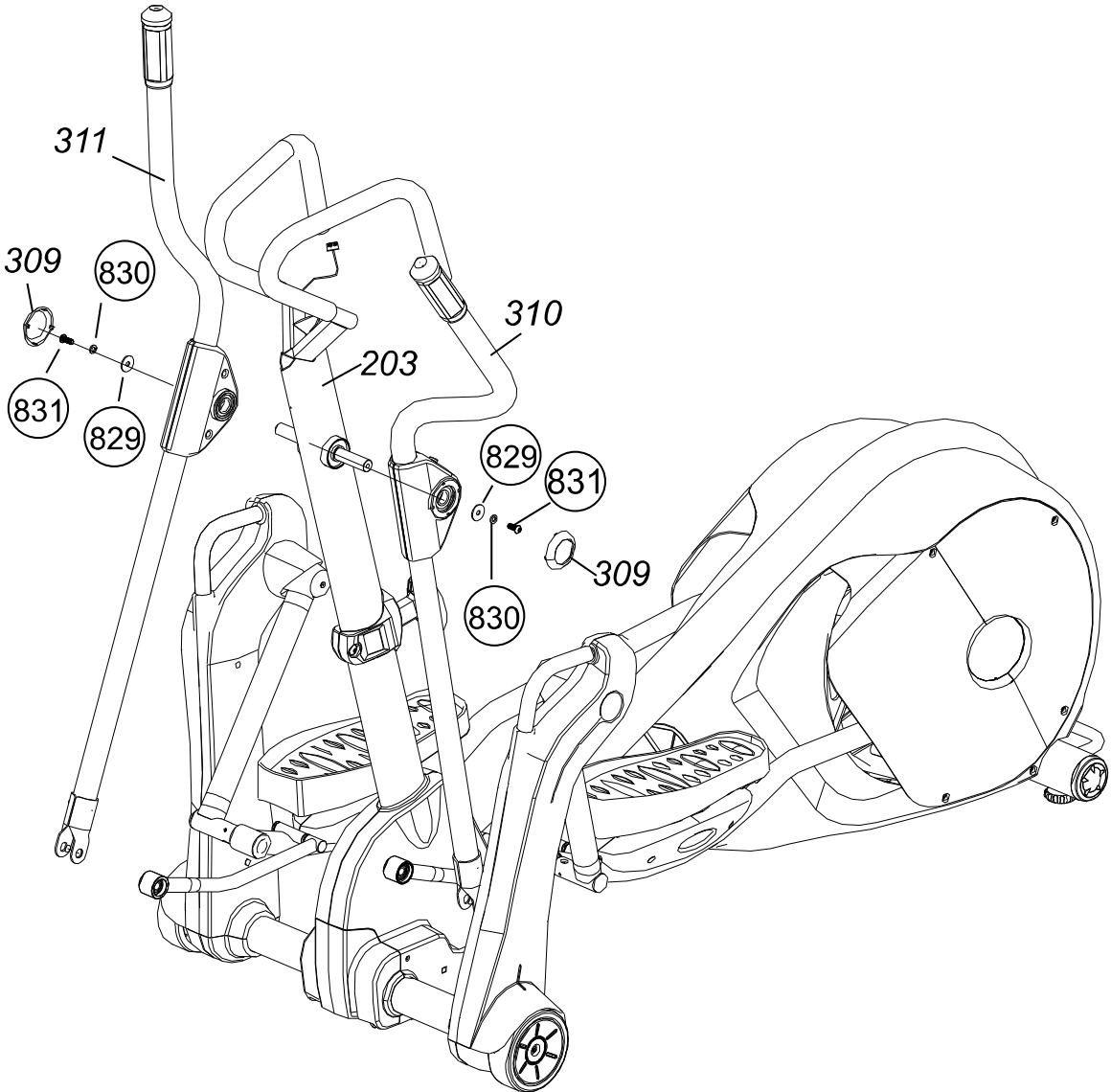2) Next, use M5 x 6mm Bolt (848) fixed.

329		2
848		2
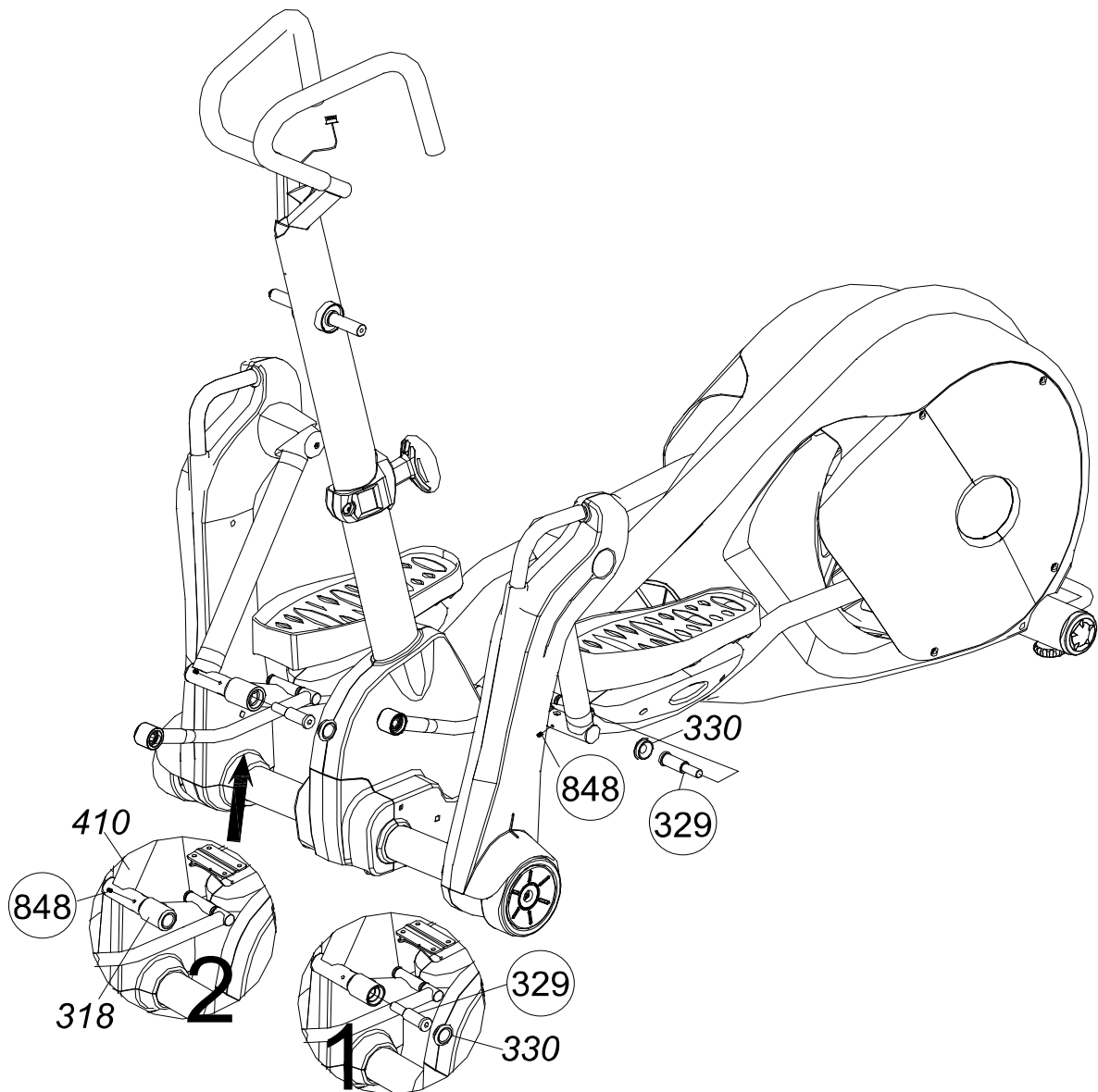
ASSEMBLY

STEP 6 : **Assemble the Handlebar**

1) Connect the Action Handlebar R/L (310/311) to the upright secure using one M8 x 20mm Bolt (831), one Φ8 x 14mm Spring washer (830) and one Φ8mm washer (829).

2) Then attach the Action handlebar bushing cover (309).

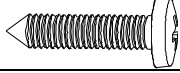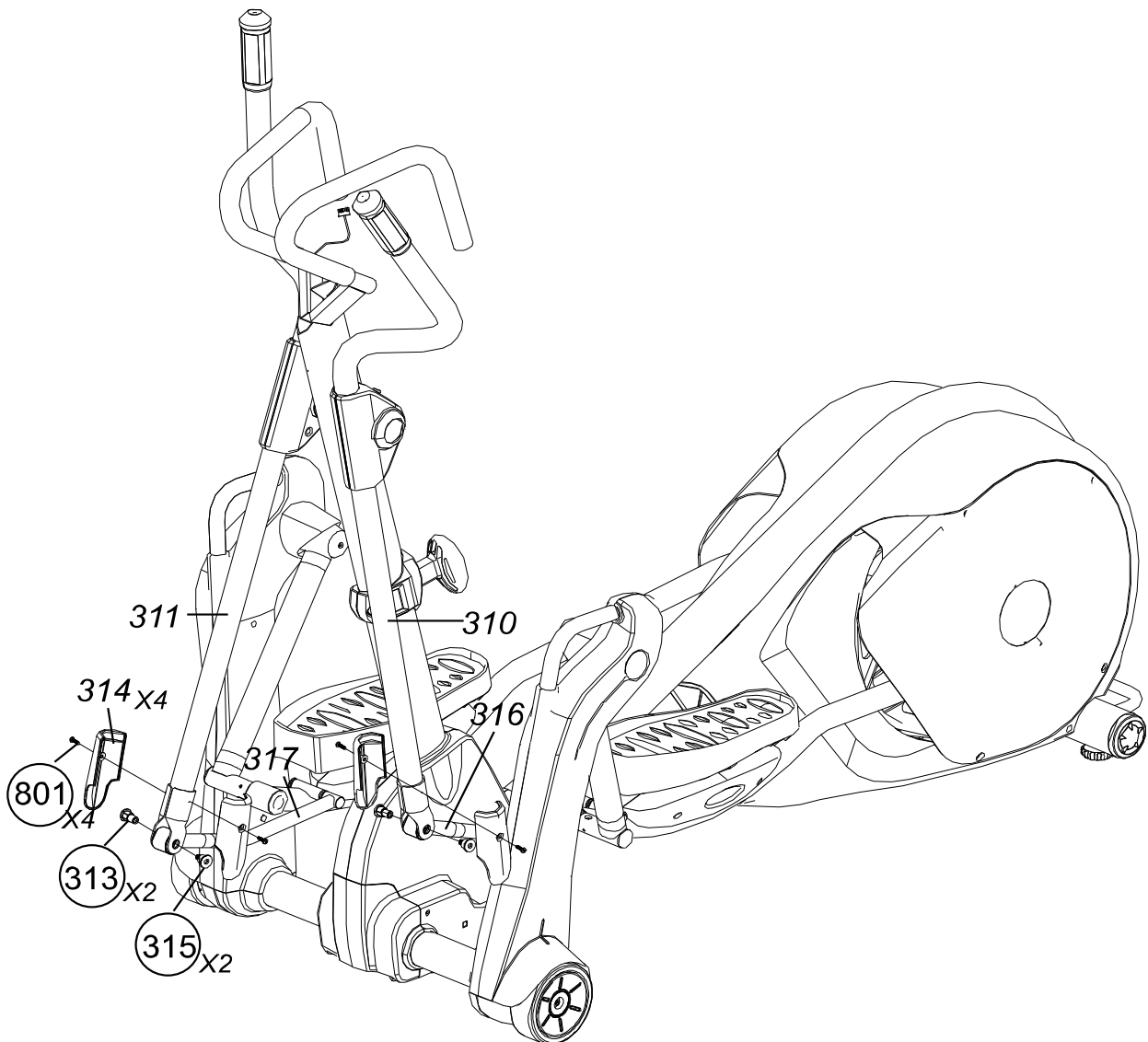| 829	⊙	2
830	⟳	2
831	▬	2

ASSEMBLY

**STEP 7** : **Connect the Swing Linkage tube and Action Handlebar**

1) Secure the Swing linkage Tubes (316/317) to the Action Handlebars (310/311) with one M8-16X26mm Bolt (313) and one M8-16x22mm Bolt (315) for each linkage.

2) Then attach the swing arm lower covers (314) to the Swing arm and secure with Φ4 x15mm screws (801).

313		2
315		2
801		4

ASSEMBLY

STEP 8 :   Assemble the Computer

1) Connect the 7pin wire-Upper (701) to the 7pin wire-Middle (703)

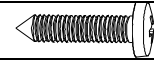2) Then attach the computer and secure using two pre-assembled M5 x 10mm Bolts (832).
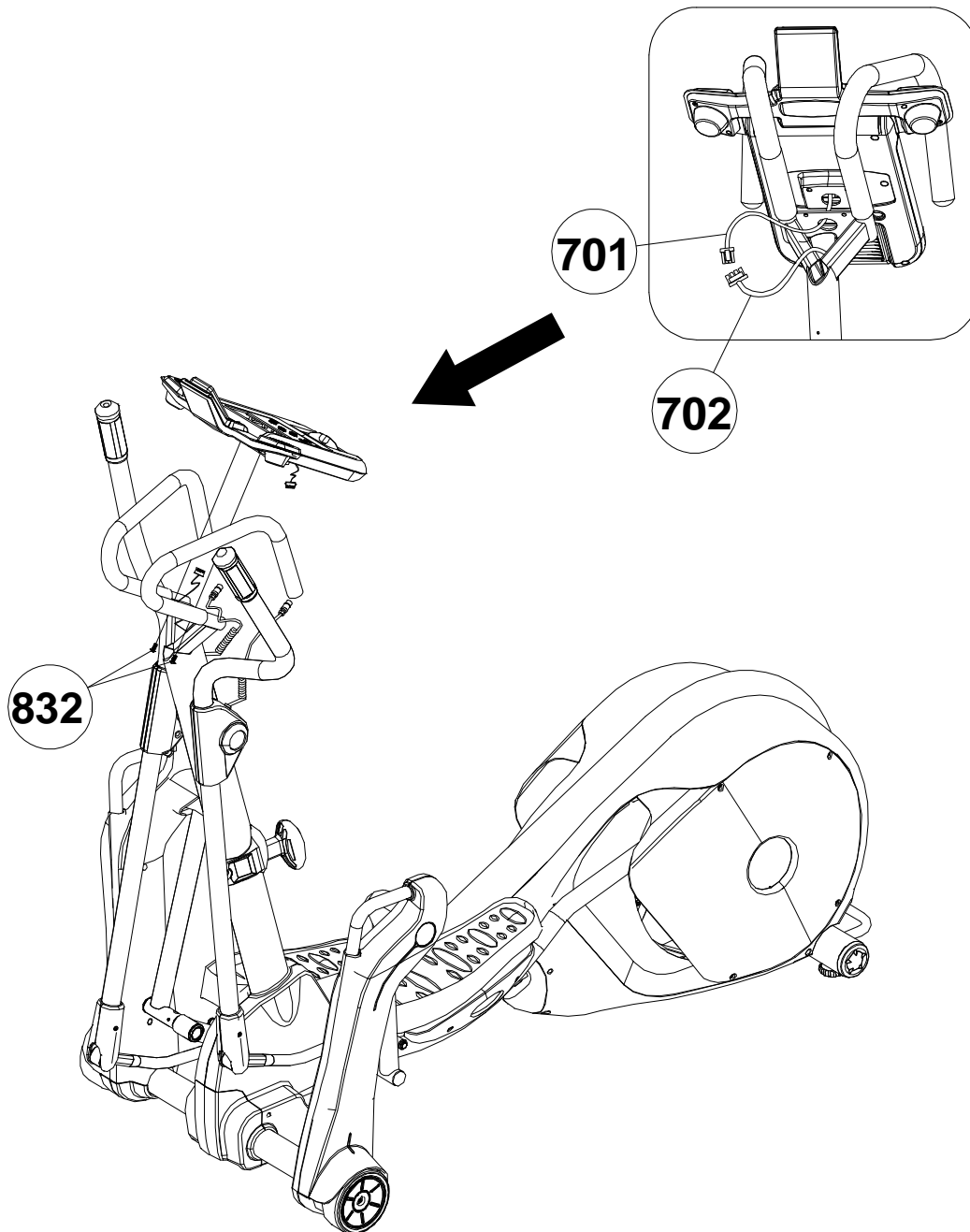
ASSEMBLY

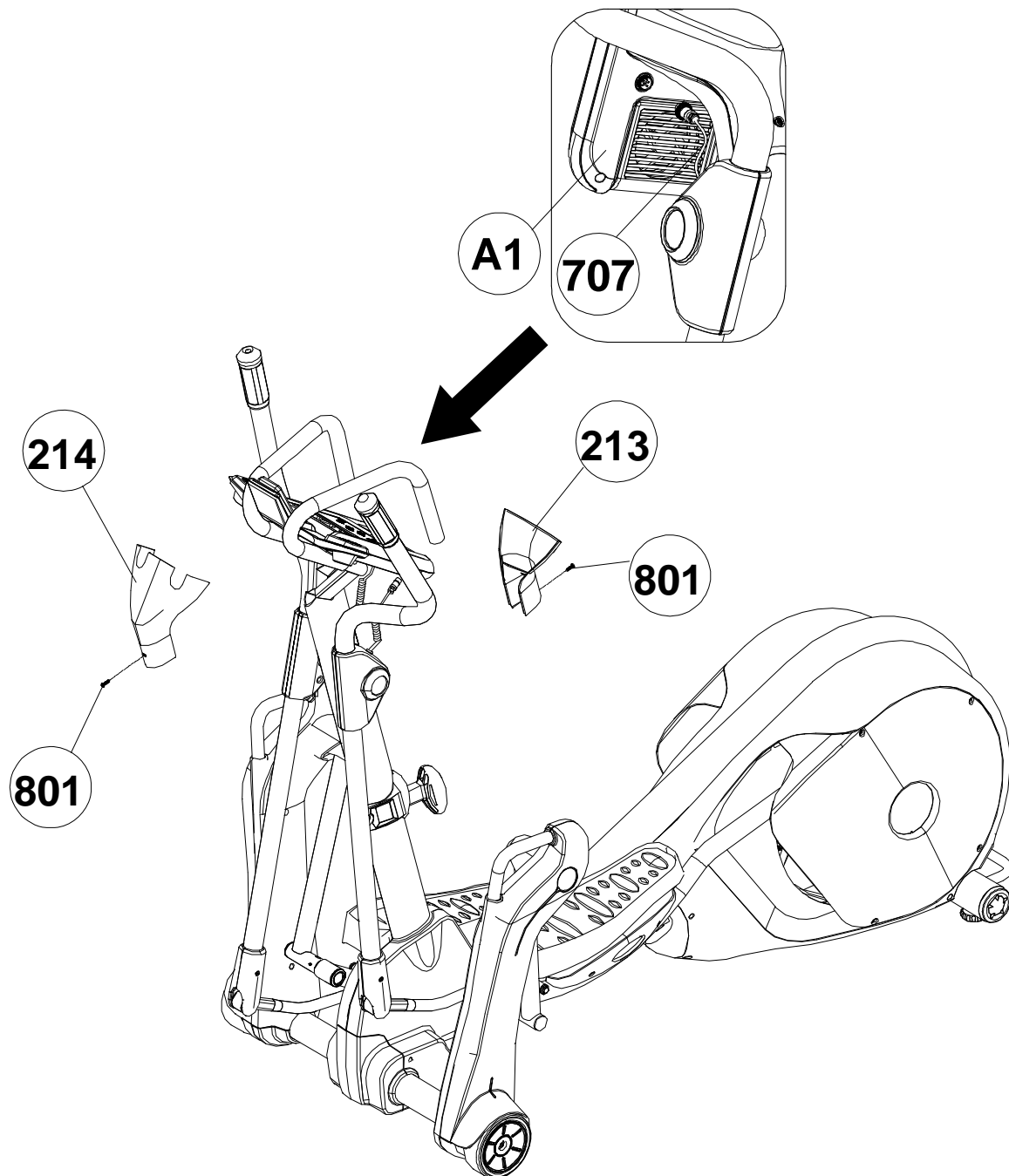**STEP 9: Assemble the Upright Upper cover**

1) Attach the upright upper covers (213/214) to the upright using two M4 x 15mm (801) screws

2) Connect the two Hand pulse sensor cables (707) to the lower side of computer as drawing shown.

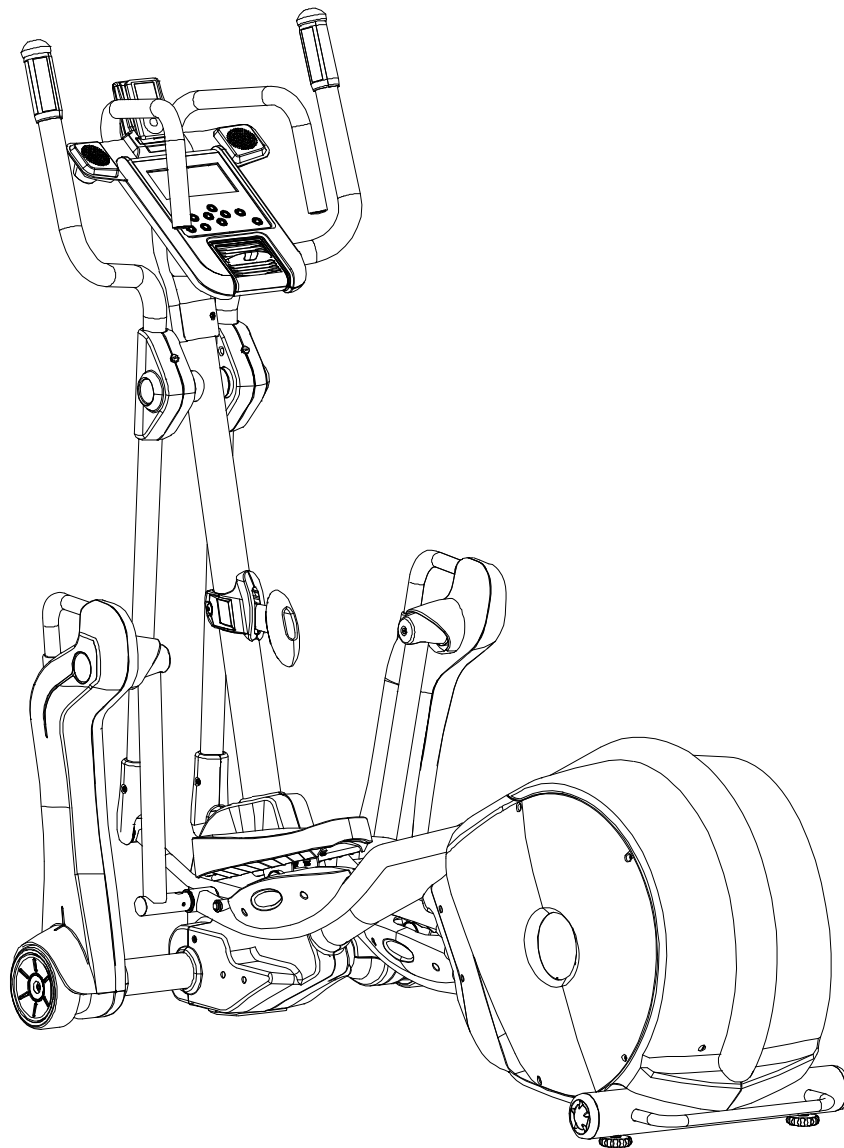| 801		2

ASSEMBLY

Congratulation your CE3.7 elliptical trainer is fully assembled now

ASSEMBLY

MOTION ADJUSTMENT INSTRUCTION

Motion Adjustment Instruction:

1. Only attempt to adjust the elevation when standing off the machine.
2. Lift the lever and Move the elevation arm toward your preferred level.
3. To decrease the elevation, move the elevation arm forward. To increase the elevation, move the arm backward.
4. Release the lever to lock the elevation in position. This will be signaled by a "CLICK".
5. To ensure the elevation is locked into position pull back and forward on the arm. There should be no movement.
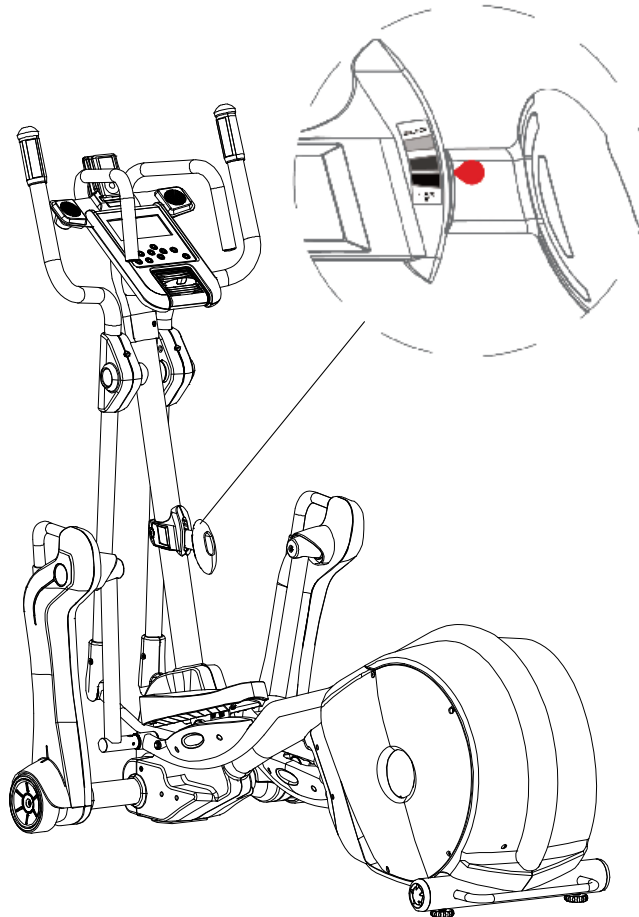
IMPORTANT !

A higher level of motion can provide the advance biomechanical benefit to allowed user work on a higher level of resistance and burn more calories, in the same time it feels the same as you are at normal elliptical motion with a lighter resistance.
Therefore, the recommended minimum resistance level should be selected as below :

Manual Motion Level	Suggestion set minimum resistance
L1	Level 1
L2	Level 4
L3	Level 6

iPod MOUNTING INSTRUCTION

iPod Mounting Instruction:

1. Attach your iPod into the dock
2. Rotate the iPod to lay on the bracket
3. Adjust the intensity of volume on computer buttons while playing music.
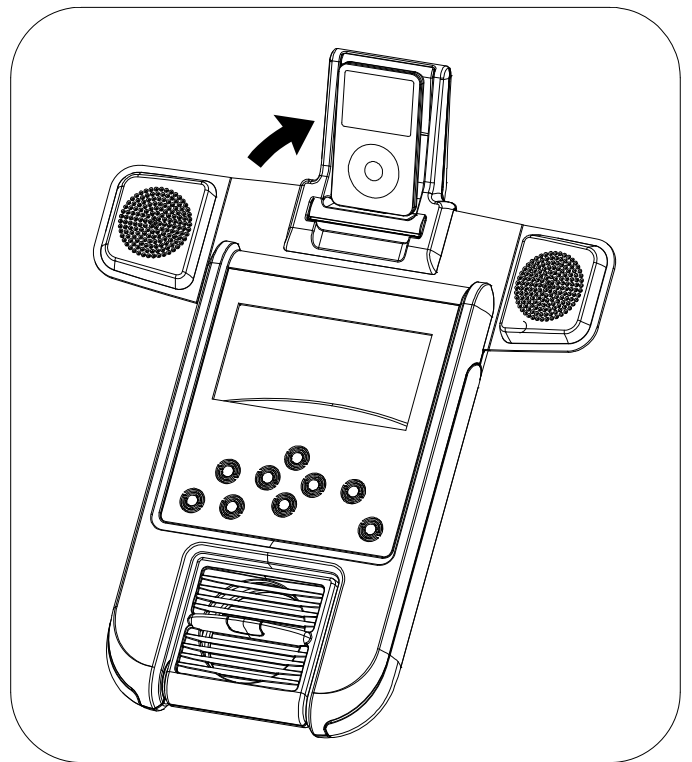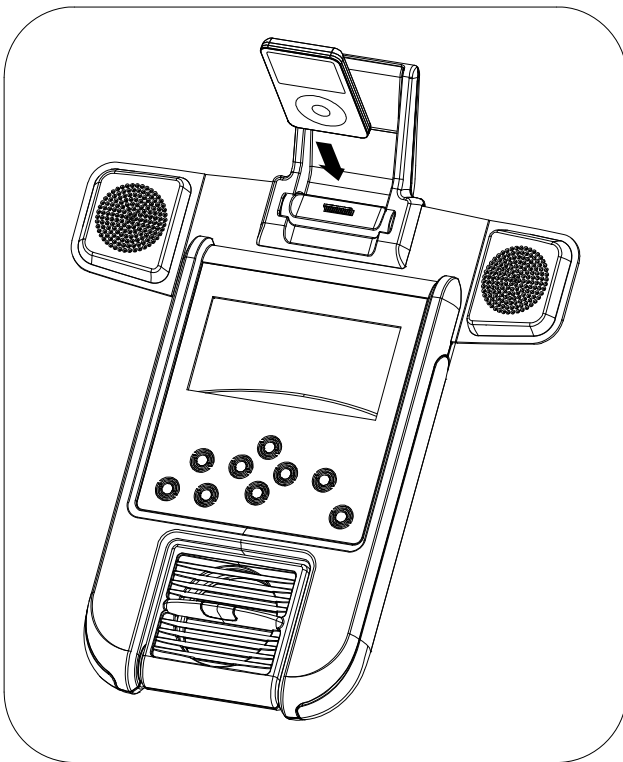
LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the levelers follow these instructions:

You will need someone to help you with this procedure, as you will need to tip, the ce3.7 elliptical Trainer while adjusting the levelers

Tip the ce3.7 elliptical trainer to the left/right. You will then see the LEVEL ADJUSTERS. These will need to be screwed either in or out to level the trainer. Repeat for the other side. It may help to use a bubble level when adjusting the level on your ce3.7 elliptical Trainer.
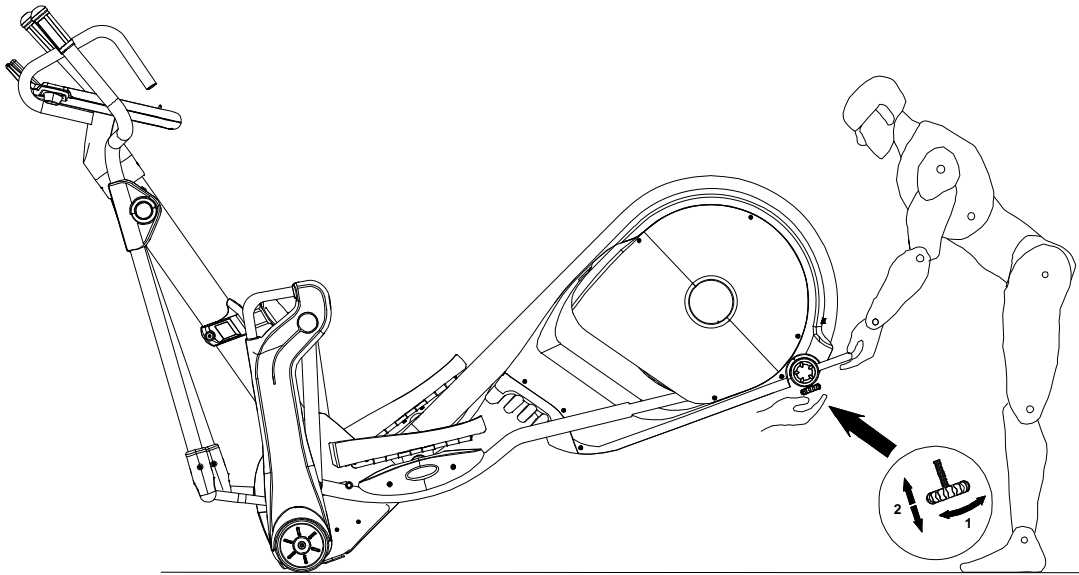
TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

To transport your ce3.7 elliptical Trainer simply lift the back end and roll it away to the desired location, as shown.
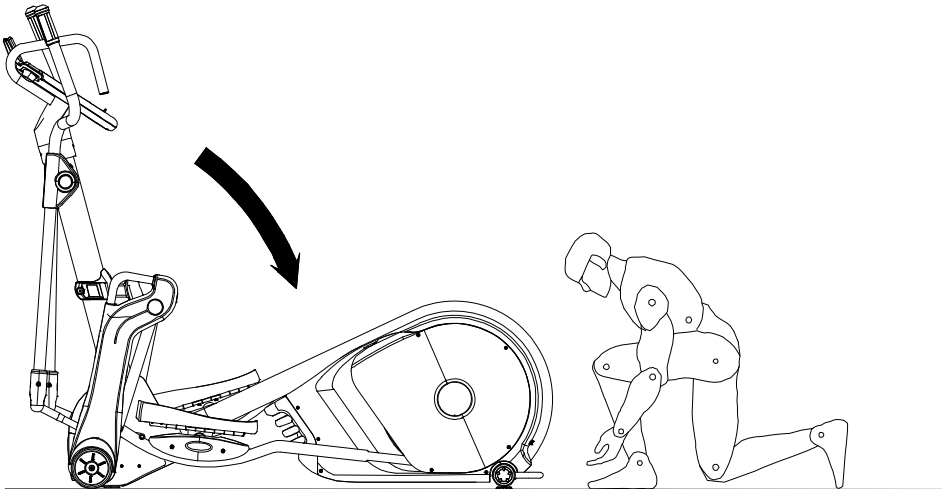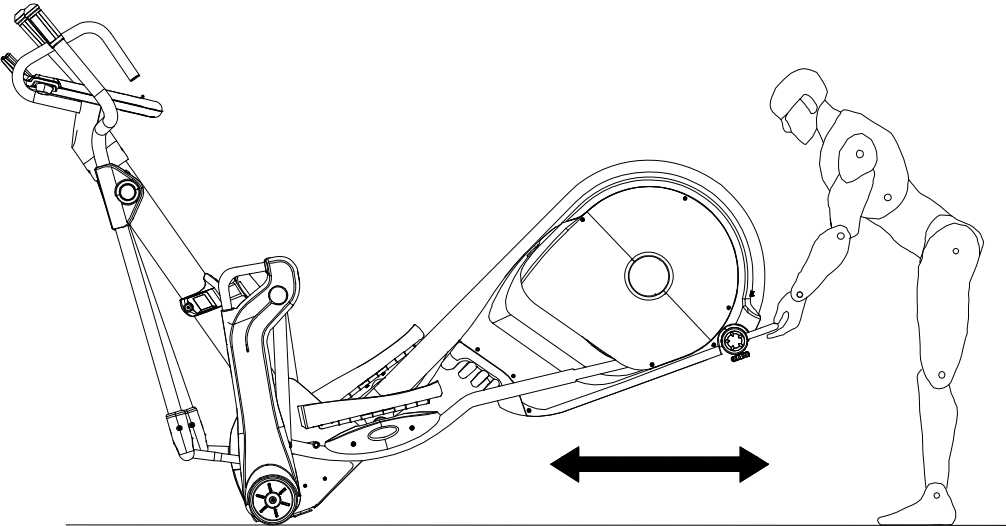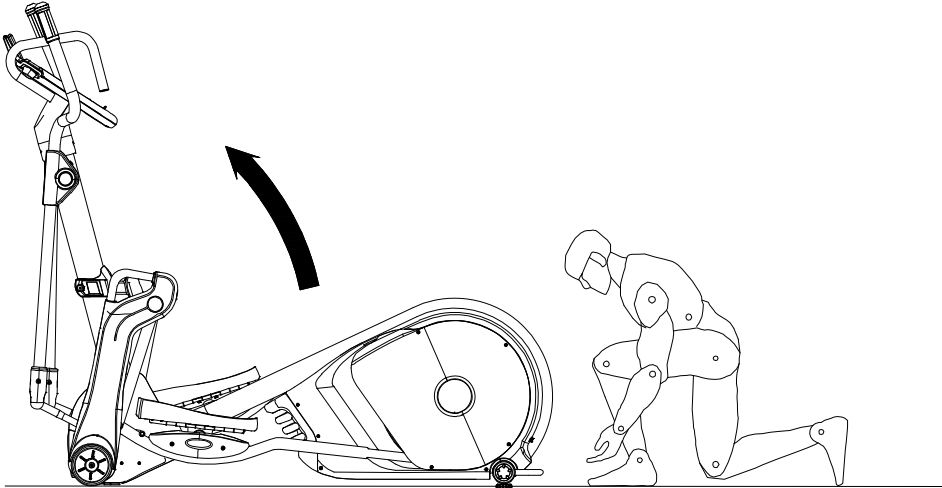
MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.
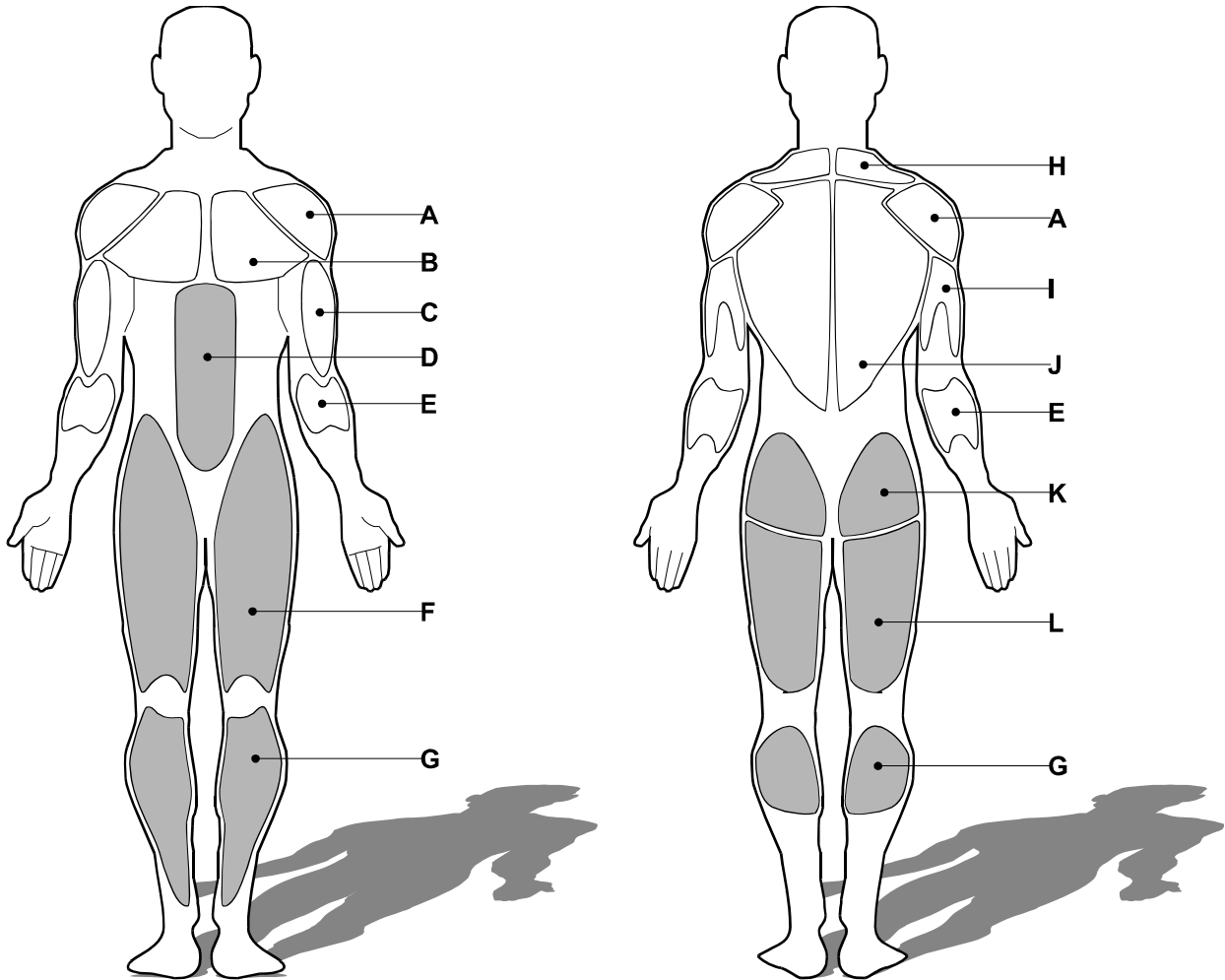
MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:
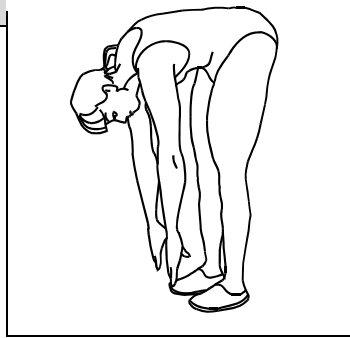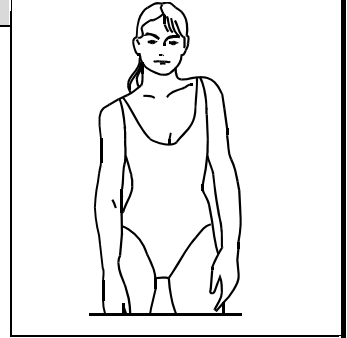
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
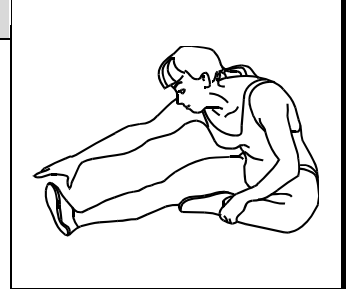
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
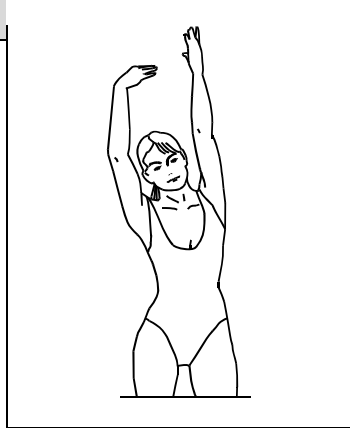
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.
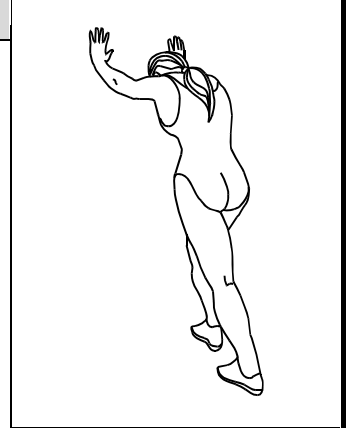
Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
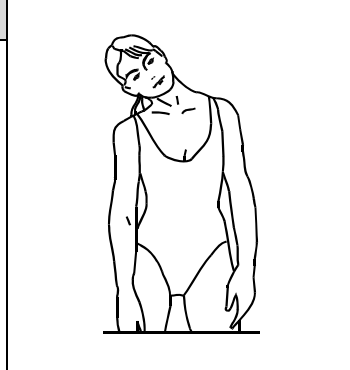
COMPUTER OPERATION
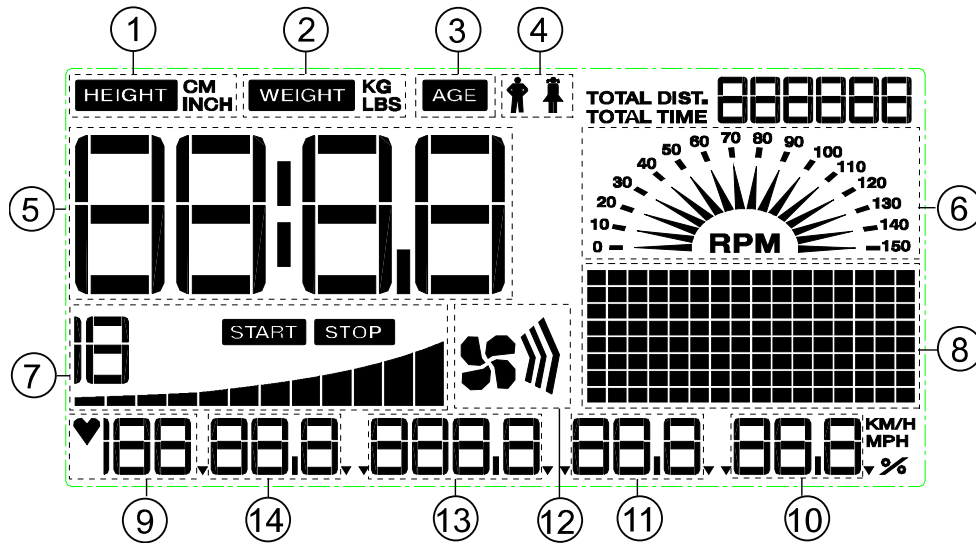
1	HEIGHT	**HEIGHT** display range is from 50 to 250 cm (from 20 to 100 inch). The initial HEIGHT is 170 cm (67 inch).
2	WEIGHT	**WEIGHT** display range is from 20 to 200 kg (from 44 to 440 lbs). The initial WEIGHT is 68 kg (150 lbs).
3	AGE	**AGE** display range is from 10 to 99. The initial AGE is 35
4	GENDER	Press the UP/DOWN button to select your **GENDER**.
5	TIME	**TIME** display range is from 0:00 to 99:00. The initial TIME is "32:00"
6	RPM DIAGRAM	The range of the **RPM diagram** is from 0 to150. The RPM diagram will display by integer. For example: the RPM are between 30 and 39, the LCD will display 30.
7 8	RESISTANCE	The resistance range is from 1 to 16 levels.
9	PULSE	**PULSE** display range is from 0 to 999.
10	SPEED	**SPEED** display range is from 0.0 to 99.9 km/h; Mph.
11	WATT	**WATT** display range is from 0 to 999.
12	FAN	**FAN** display will show the fan status.
13	CALORIES	**CALORIES** display range is from 0 to 999.
14	DISTANCE PROGRAM	**DISTANCE** display range is from 0.0 to 99 KM; Miles. **PROGRAM** display range is from P1 to P9.

BUTTON	FUNCTION
(▶)	**START button** Press START to begin your exercise.
(■)	**STOP button** Press STOP button to pause the functions during your exercise program. Press STOP button twice the program will reset to power on mode.
(●)	**ENTER button** Press ENTER button to confirm the program set up.
(⏏)	**Mode button** Press the button to switch the display.
(▲)	**RESISTANCE Up button** Press the button to increase the resistance level or set up the program.
(▼)	**RESISTANCE Down button** Press the button to reduce the resistance level or set up the program.
(✿)	**FAN:** Press the button to turn on, adjust Fan and turn off.

Visit us at : **www.smoothfitness.com**

COMPUTER OPERATION

POWER ON
After connecting the power cord switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice.
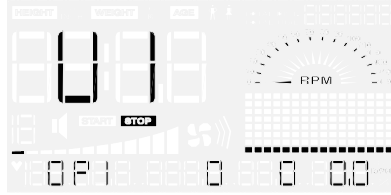
QUICK START
When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.
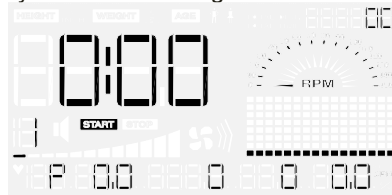
SLEEP MODE
When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE
While in the PROGRAM, without pedalling the machine for 30 seconds, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will reset to POWER ON status.
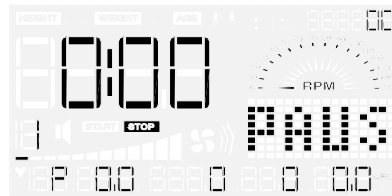
FAN FUNCTION:
To activate the fan press the fan button to turn on ,pressing the fan button will also adjust the fan speed.
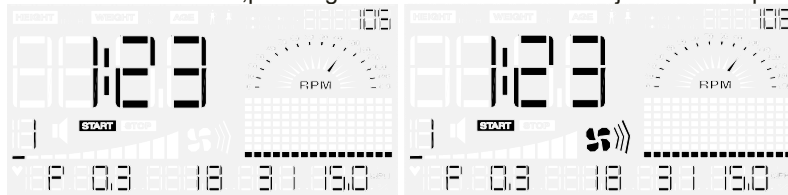
First Press: Second Press: Third Press: Fourth Press: **STOP**

When adjusting the angle of the fan be sure not to over rotate. This feature is designed to tilt 25 degrees up and 25 degrees down. Over rotation may damage the fan assembly.

Visit us at : **www.smoothfitness.com**
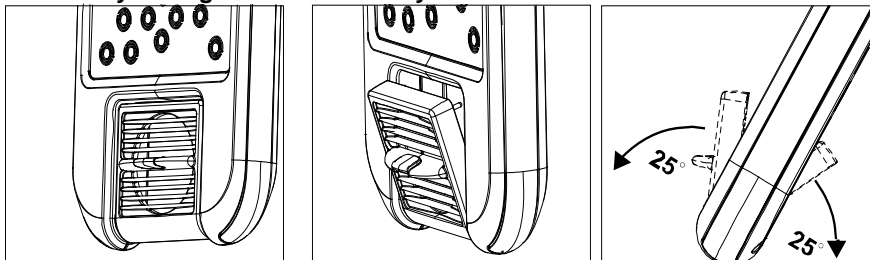
COMPUTER OPERATION

PROGRAM
To select one of the User programs, you will need to select the USER PROFILE first, press the UP/DOWN button to select the USER PROFILE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the USER PROFILE. If the user information has been previously input and no further changes are needed, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To add or change the User Profile follow the procedure below.
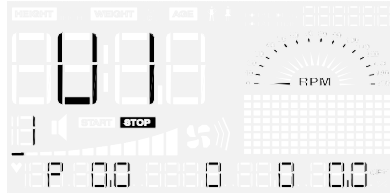
USER HEIGHT
After the USER Code has been confirmed the SPEED display will show HEIGHT and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.
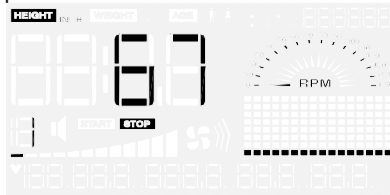
USER WEIGHT
After the HEIGHT has been confirmed the TIME display will show WEIGHT begin flashing. Press the UP/DOWN button to adjust the user weight information, then press ENTER to confirm.
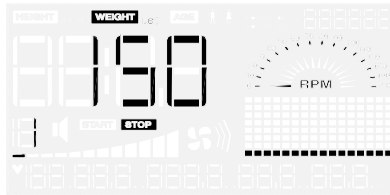
USER AGE
After the WEIGHT has been confirmed the SPEED display will display AGE and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.
Estimated Normal pulse rate = (220 – AGE) X 65%
Estimated Maximum pulse rate = (220 – AGE) X 85%
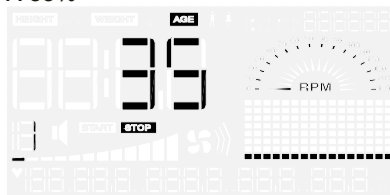
USER GENDER
After assigning your user ID, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.
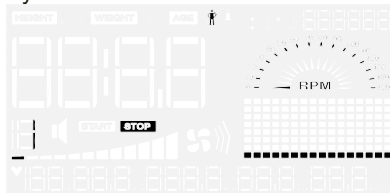
COMPUTER OPERATION

P 1- P9 Program Selecting Procedure
The LCD display will flash "P1", press "UP "and "DOWN" to scroll through the program menu. To choose a program press "ENTER".

P1: Target time program
After you have selected "P1-Target time program" press the "ENTER" button. The "TIME "display will show the time of "32:00", press the "UP "or "DOWN" button to adjust target time, then press the "ENTER" button to confirm. Press the "START" button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the "UP /DOWN" button, The program will count down the preset time, "DISTANCE and CALORIES" will count up.

    To pause the program while exercising, press the STOP button. To resume exercising, press the "START" button. The time counts.
To quit the program, press the "STOP" button twice. At the end of the program when the preset target has been achieved, the computer will beep.
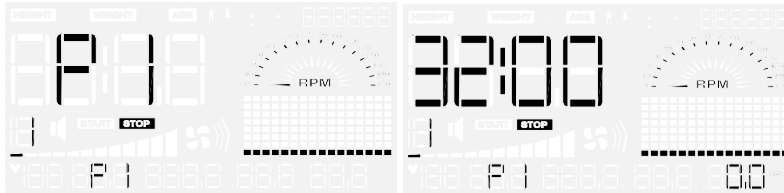
P2: Target distance program
After you have selected "P2- Target distance program", The "DISTANCE" display will show the DISTANCE setting of 3.2mph or 5.0km/h, press the up and down button to adjust target DISTANCE, then press "ENTER" to confirm. Press the "START" button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the "UP and DOWN" button. The "DISTANCE" will count down the preset DISTANCE, the "TIME and CALORIES" will count up from 0.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the preset target has been achieved, the computer will beep.

P3: Target calories program
After you have selected "P3- Target calories program", the CALORIES display will show the calories setting "50", press the "UP/DOWN" button to adjust target calories, then press "ENTER" to confirm. P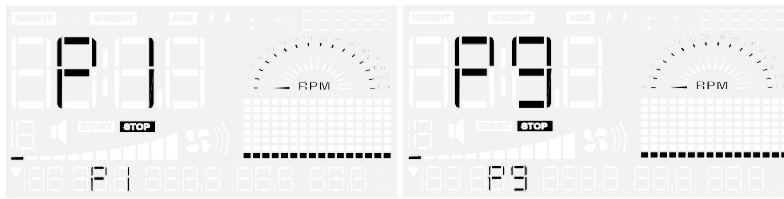ress the "START" button to begin the exercise program. To increase or decrease the resistance while exercising, press the "UP and DOWN" button. The target calories will count down and the TIME, DISTANCE will count up from 0.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the preset target has been achieved, the computer will beep.

Visit us at : **www.smoothfitness.com**
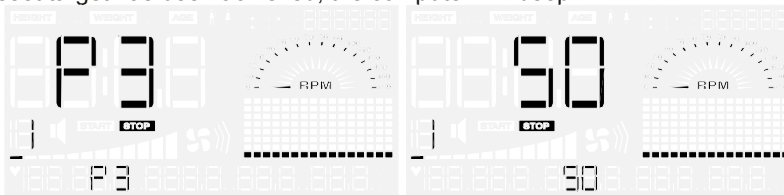
COMPUTER OPERATION

P4: RANDOM program
After the user has selected "P4- RANDOM program", The TIME will show the workout time setting of "32:00", Press the ""UP /DOWN" button to adjust workout time, Then press the "ENTER" to confirm. Press the "START" button to begin the exercise program. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments. The resistance display will show "1". To increase or decrease the resistance while exercise, press the "UP/DOWN" button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the "STOP" button, To quit out the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.
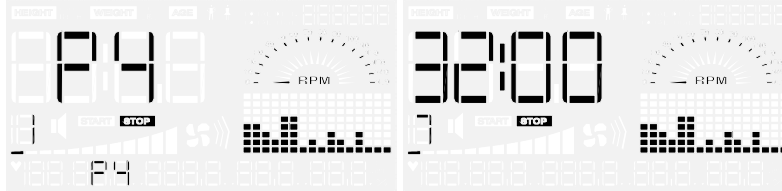
P5: Fat burning program
After the user has selected "P5 Fat burning program ", the TIME display will show the workout time setting of "32:00", press the "UP /DOWN " button to adjust workout time then press "ENTER" to confirm. Press the "START" button to begin the "Fat burning program ". This program has a 60 minute limit all segments are 1 minute each.
The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.
The RESISTANCE display will show "1". To increase or decrease the resistance while exercising, press the "UP/DOWN" button.
The target time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.
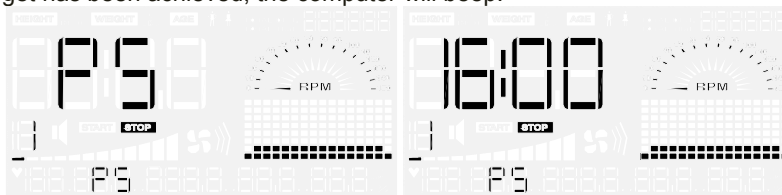
P6: INTERVAL program

LEVEL
After the user has selected "P6 INTERVAL program", The SPEED display will show "L1"
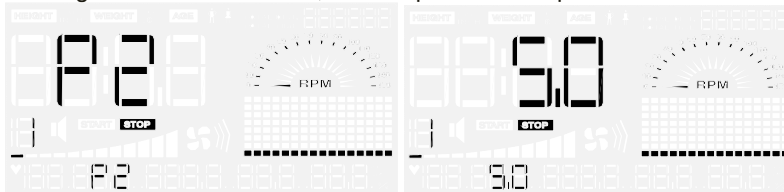Press the "UP and DOWN" button to adjust the Level from "L1" to "L8", press the "ENTER" button to continue the program.

TIME
After you have set up the Level, press the "ENTER" button, The TIME display will show the workout time setting of "32:00 ", press the "UP and DOWN " button to adjust the TIME, press the "ENTER " button to confirm. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments.
Press the "START" button to begin the exercise program .The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the "UP/DOWN" button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" twice. At the end of program count when the target has been achieved the computer will beep.

COMPUTER OPERATION

P7: ENDURANCE program

LEVEL
After the user has selected "P7" ENDURANCE program, the "SPEED" display will show "L1"Press the "UP and DOWN" button to adjust the Level from "L1" to "L8", press the "ENTER" button to continue the program.

TIME
After you have set up the Level, press the "ENTER" button, The TIME display will show the workout time setting of "32:00 ", press the "UP and DOWN" button to adjust the time, press the "ENTER" button to confirm. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments.
Press the "START" button to begin the exercise program. The RESISTANCE display will show the Level the user has set.
To increase or decrease the resistance while exercising, press the "UP /DOWN" button. The time will count down, the DISTANCE,CALORIES display will count up from 0.
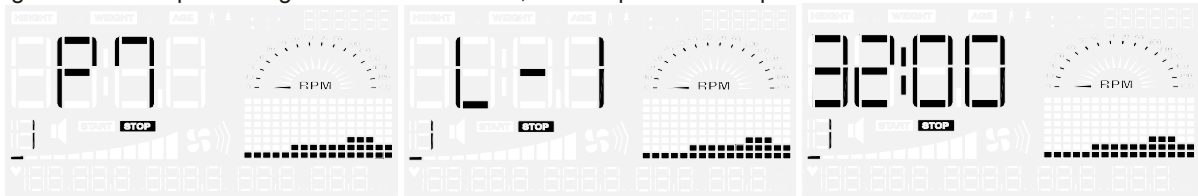To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the preset target has been achieved, the computer will beep.

P8: WATT control program

WATT setting
After the user has selected "P8 WATT control program". The "WATT" display will show "120". Press the "up and down" button to adjust the "watt " from "20" to "400" each step by 20W , press the "Enter " button to continue the program. To increase or decrease the resistance while exercising, press the "UP and DOWN" button. Computer will automatically adjustment resistance to conform user set Watt during difference rpm exercising

TIME
After you have set up the WATT, press the "ENTER" button. The TIME display will show the workout time setting of "32:00 ", press the "UP and DOWN" button to adjust the time, press the "ENTER" button to confirm.
To pause the program while exercising, press the "STOP" button. To quit out the program, press the "STOP" button twice. At the end of the program when the target has been achieved, the computer will beep.

Resistance – Level – Watt Table: CE3.7

RPM		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15	L16
10	Watt	2	3	4	5	7	8	9	10	11	12	13	14	16	17	18	19
20	Watt	4	8	13	17	21	25	30	34	38	42	47	51	55	59	64	68
30	Watt	6	15	24	33	42	51	60	69	78	88	96	106	115	124	133	142
40	Watt	8	23	38	53	68	83	98	113	128	144	159	174	189	204	219	234
50	Watt	11	32	53	74	95	116	137	158	178	199	220	241	262	283	304	325
60	Watt	14	43	71	100	128	157	186	214	243	271	300	328	357	385	400	400
70	Watt	17	52	87	121	156	191	226	261	295	330	365	400	400	400	400	400
80	Watt	20	63	106	149	192	235	278	321	364	400	400	400	400	400	400	400
90	Watt	23	73	123	173	224	274	324	374	400	400	400	400	400	400	400	400
100	Watt	28	84	140	197	253	309	365	400	400	400	400	400	400	400	400	400
110	Watt	31	94	158	221	285	348	400	400	400	400	400	400	400	400	400	400
120	Watt	36	103	170	238	305	372	400	400	400	400	400	400	400	400	400	400

COMPUTER OPERATION
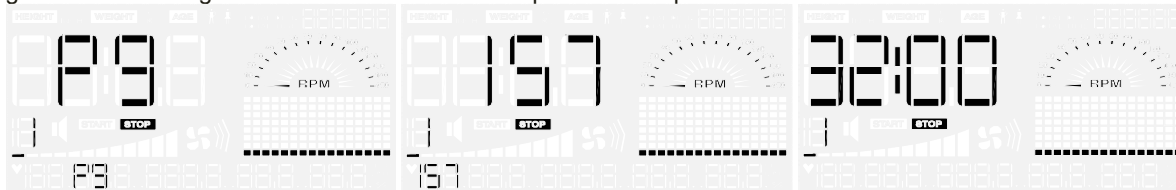
P 9: Target pulse program

Pulse setting
After the user has selected "P9 Target pulse program". The "PULSE" display will show and flash "157". Press the UP/DOWN button to adjust the PULSE, after setting the PULSE, press the "ENTER" button to confirm. The target pulse is with in a range of 10 beats for example a maximum setting of 157 would have a minimum of 147. Within this range the resistance will not adjust.

Time
After you have entered your target Pulse, the TIME display will show the workout time setting "32:00". Press the UP/DOWN button to adjust workout time then press the ENTER button to confirm. Press START to begin the exercise program.
To pause the program while exercising, press the "STOP" button. To quit the program, press the "STOP" button twice. At the end of the program when the target has been achieved the computer will beep.

WARM UP – Target pulse program

After completing the TIME set up and starting the program, there is a 3 minute warm up section. The WARM UP section 3 minutes will count down. The WARM UP section is designed to help you reach a target warm up PULSE. The resistance will start from 2. When the "WARM UP" section starts, the LCD display will show "WARM UP" three times.
To increase or decrease resistance while exercising in the warm up program, press the "UP and DOWN" button. During Warm up section if the actual PULSE does not reach the target warm up PULSE, the resistance will increase one level every 30 seconds. If the computer has not detected the user actual PULSE. The computer will stop increasing the resistance. The LCD will show "NO PULSE".
When the computer detects that actual pulse rate has reached the target warm up PULSE in the "warm up" section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.
If you cannot reach the target warm up pulse in 3 minutes, the program will continue for a second 3 minute WARM UP section. If during the second WARM UP the user still cannot reach the target warm up heart rate, the computer will continue to a third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target warm up PULSE, The computer will beep, meanwhile the program will STOP, and the TIME display will show "FAIL", 10 seconds later, the program will reset to power on status.

Target pulse main program

After the actual pulse rate reaches the target warm up pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the preset time. During the main program, the computer will detect and monitor the user Pulse rate every 30 seconds. The **RESISTANCE**, **DISTANCE**, **CALORIES** will continue to count up from the "Warm up" section into the Main Target Pulse Program.
If the computer has not detected the user actual pulse rate. The computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show "**NO PULSE**".
If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 30 seconds until the heart rate reaches the maximum target workout pulse rate. The highest resistance level is level 16.
If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 30 seconds until the actual pulse rate meets the maximum target workout pulse rate.
If the actual pulse is higher than the maximum target pulse rate for 3 minutes or longer, or the preset time has counted down to the end, the computer will stop Target pulse program and begin the **COOL DOWN** function.

COMPUTER OPERATION

COOL DOWN – Target pulse program
After completing the Target pulse and the TIME counts down to zero a one-minute COOL DOWN program starts. The TIME display will display 'COOL' for 10 seconds. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds 'COOL' display time). and the distance and calories will continue to count from the main program.
You cannot use the "UP, DOWN, START, MODE" buttons in the "COOL DOWN " program.

Heart Rate Operation
The CE-3.7 comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

Heart Rate Training
To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:
When the computer is in the POWER ON status. Press and hold the "STOP" button then press the "UP" button. The LCD will display "km/h or mph" blinking, use UP or Down button to select between "km/h" and "mph", then press ENTER button to confirm.

COMPUTER OPERATION

Heart Rate diagram
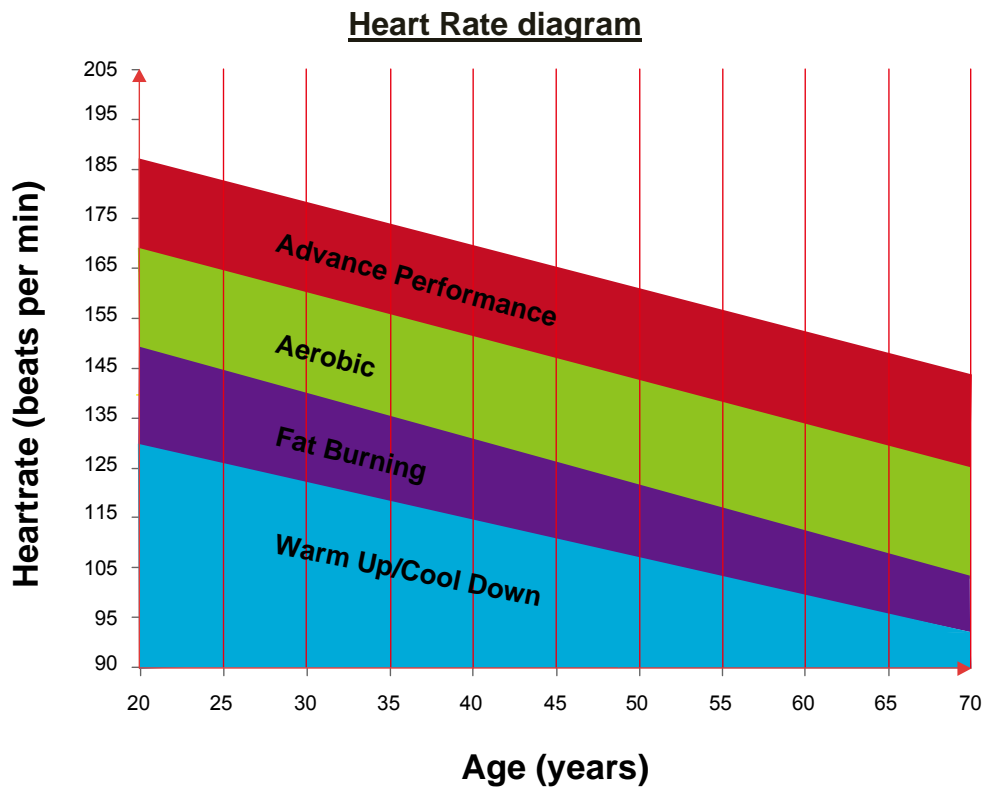
You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning:	**65 – 75% of your max. heartrate**
Fitness/Bodyshaping:	**75 – 85% of your max. heartrate**
Performance:	**85 – 95% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:
> **220 – 25 = 195**
> **75% of 195 = 146,25**
> **85% of 195 = 165,75**

Your target-heartrate should be between 146 and 166 beats per minute.

⚠️ This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

WARRANTY

LIMITED HOME USE WARRANTY

Warranty Coverage: EVO Fitness and Smooth Fitness, Inc. ("**Smooth Fitness**") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Parts & Electronics	Labor
CE3.7 elliptical	Lifetime	3 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:
Hire and reimburse an independent service technician who will come into the home for the repair,
OR
In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness:
Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home. The customer is responsible for the cost of sending the part to Smooth Fitness.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty:
To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:
*   Model name or number from the cover of the manual;
*   Serial number located on the frame of the unit; and
*   The part description and the order number.

Limitations on Warranty:
This Warranty will only apply to the original end user. This Warranty does not cover wear and tear, any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

FORM WS-1 (rev. 08/2005)

Smooth Fitness
780 5th Ave
King of Prussia, PA 19406

Toll Free Customer Service:
1.888.800.1167

Website:
www.smoothfitness.com

Visit us at : **www.smoothfitness.com**